



St Angela's Primary School

Castle Hill

SHINE

Sending Home Information and News about Education

Ministry of Our Lady of the Rosary Parish, Kellyville

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

Newsletter
Vol. 1 No. 6

March 13th, 2025
Term 1 - Week 7

PRINCIPAL'S MESSAGE

Next week we will continue our recognition of Catholic Education with our celebration of St Patrick's Day on Monday 17th March and Harmony Day on Friday 21st March. Both of these days recognise the rich and marvelous contribution of the diversity within our church, and our school community provides just a small sample of this.

St Patrick's association with the Irish people combined with the enormous contribution the Irish convicts and settlers had on the establishment of the first colony and the importance Parramatta played in the success of this early settlement makes him particularly significant to schools in our diocese.

Saints are people who have been recognised by the Church for living a life that focuses our attention towards God. We look to the saints as great models of Christianity, and we can model ourselves on the qualities the saints displayed. For St Patrick, he was a humble, virtuous, gentle man, whose love and total devotion to and trust in Jesus is a shining example to each of us. He is well known for bringing Christianity to Ireland and using the shamrock to explain the Trinity (Father, Son and Holy Spirit).

Christ with me, Christ before me, Christ behind me, Christ in me,
Christ beneath me, Christ above me, Christ on my right, Christ on my left,
Christ in breadth, Christ in length, Christ in height,
Christ in the heart of every man who thinks of me,
Christ in the mouth of every man who speaks of me,
Christ in every eye that sees me,
Christ in every ear that hears me

Parents are warmly welcome to attend our Open Classrooms morning on Monday from 8:45am and the children are invited to attend school on Monday in green mufti in exchange for a donation to Caritas on Qkr!

On Friday our Year 6 students will host our morning prayer assembly in the hall with a focus on Harmony Day. Throughout the day the students and teachers will engage in learning related to cultural diversity and at the end of the day will enjoy a presentation by a Polynesian Dance group.

Together we can achieve so much

Leanne Nettleton

Principal



2025 BEGINNING OF THE YEAR DATES



Wednesday 17th December - Last day of the year for students

2025 Staff Development Days - Pupil Free

Term 2 - Monday 28th April 2025

Tuesday 29th April 2025

Term 3 - Monday 21st July 2025

Friday 26th September 2025

Term 4 - Monday 13th October 2025

Thursday 18th December 2025

Friday 19th December 2025

UPCOMING DATES

Friday 14th March:	Maths and Science Books to come home
Monday 17th March:	Feast of St Patrick - Green Mufti - Qkr! donation
Tuesday 18th March:	2025 Parramatta Diocesan Girls Football Trials
Wednesday 19th March:	2025 Parramatta Diocesan Boys Football Trials
Wednesday 19th March:	Feast of St Joseph - Prayer Assembly - Hosted by the SRC Students
Friday 21st March:	Harmony Day - Multicultural dress or wear orange
Friday 21st March:	All other books to come home
Monday 24th March:	Parramatta Diocesan Softball Trials
Friday 28th March:	Zing Activ Disco Night
Friday 28th March:	Whole School Assembly - Hosted by Year 1
Monday 31st March:	Cross Country Carnival
Tuesday 1st April:	Year 5 Excursion to the Blue Mountains
Friday 4th April:	Whole School Assembly: Hosted by Year 2
Friday 4th April:	Bakers Delight Special Food Day
Tuesday 8th April:	Parramatta Diocesan Touch Trials
Wednesday 9th April:	School Photo Day
Friday 11th April:	Last day of Term.

Wednesday 12th March To Monday 24th March:
NAPLAN for students in Year 3 and Year 5



SENT HOME THIS WEEK:

Emailed from Compass Portal: Please check your COMPASS APP

Whole School: What's Happening at St Angela's this week

Kindergarten: Kindergarten - Term 1 - Homework

**Year 5
and Year 6: Gilroy College - Enrolling Now**



RELIGION

Celebrating International Women's Day through inspirational quotes from Catholic Female Saints

On the 8th of March, people around the world celebrated International Women's Day. A day to honour women's achievements and their impact on humankind. The Catholic Church has many female saints who have served and inspired others through their lives. Here are some inspiring quotes from these saints, starting with our patron saint:

St Angela Merici: "Beware of trying to accomplish anything by force. Strive to be faithful to that which God has called you. We must give alms. Charity wins souls and draws them to virtue."

St. Teresa Benedicta of the Cross (Edith Stein): "The world doesn't need what women have, it needs what women are."

St. Teresa of Ávila: "We always find that those who walked closest to Christ were those who had to bear the greatest trials."

St. Faustina Kowalska: "Jesus loves hidden souls. A hidden flower is the most fragrant. I must strive to make the interior of my soul a resting place for the Heart of Jesus."

St. Elizabeth Ann Seton: "We know certainly that our God calls us to a holy life. We know that he gives us every grace, every abundant grace; and though we are so weak of ourselves, this grace is able to carry us through every obstacle and difficulty."

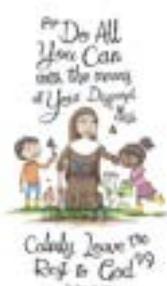
St. Teresa of Calcutta: "It is easy to love the people far away. It is not always easy to love those close to us. It is easier to give a cup of rice to relieve hunger than to relieve the loneliness and pain of someone unloved in our own home. Bring love into your home, for this is where our love for each other must start."

St. Joan of Arc: "I have a good master, that is God; it is to him I look in everything and to none other."

St. Rose of Lima: "When we serve the poor and the sick we serve Jesus. We must not fail to help our neighbors, because in them we serve Jesus".

St. Josephine Bakhita: "Love the Lord and pray for those who do not know Him. What a grace it is to know God!".

St. Catherine of Siena: "You are rewarded not according to time or work but according to the measure of your love."



Let us pray...

God our Creator,
You have built up your Church through the love and devotion of women everywhere.

Inspire us to follow their example that with them,
we may share in the vision of your glory,
through Jesus Christ, our Lord.

Amen.

Jocelyn Williams
Director of Mission



Please keep in your prayers



We extend our condolences to Lilah (5G) and Maddox (KB) Kenny and their family. Sadly the children's uncle passed away.

We also extend our condolences to Jayden (5B) and Chelsea (3G) Thomas and their family. Sadly the children's Great Grandfather, George D'Souza passed away. May he rest in peace.

May they rest in peace.

Sports Update

Parramatta Diocesan Swimming Carnival

Congratulations to Acelyn (Yr 5), Kai (Yr 5), Isabelle (Yr 4) and Lucas (Yr 3) who competed at the Parramatta Diocesan Swimming Carnival this week.

Lucas and Isabelle both placed in their events and will represent us at the NSWCPSS Swimming Carnival next month.



St Angela's Cross Country

Coming up on Monday 31st March, the St Angela's Primary Cross Country will be held at The Centenary of ANZAC Reserve, across the road from school. More detailed



STAR SPOT

Oliver Masik set a new Hills District Little Athletics club record for the Under 11 Boys 1100 walk. Oliver beat the previous record (2009) by 3 seconds. Well done, Oliver!





Happy birthday to members of our St Angela's community who are celebrating their birthday this coming week:

February

7th March	11th March
Merryn Crosby - KG	Gabriella Panto - 3Y
Zae Lawlor - 2Y	12th March
8th March	Oscar Sirbadhoo - KB
Daniel Chetty - 3B	13th March
10th March	Yorick Cheng - 1G
Alexander Jagger-Vitnell - 2Y	Zara Maaait - 2B
Ayaan Sood - 4G	Estelle Barbara
Joseph Dababneh - 6B	Olivia Gale Abesamis - 5B
	Jake Hansell - 5G

WELLBEING

"Name It to Tame It": Helping Children Manage Big Emotions

Children experience a wide range of emotions every day - joy, excitement, frustration, sadness, and sometimes overwhelming feelings they struggle to understand. As parents and carers, we want to support our children in managing these emotions in healthy ways. One simple yet powerful strategy is "Name It to Tame It", a concept that was developed by Dr. Daniel Siegel in his work on emotional regulation and brain development.

What is "Name It to Tame It"?

"Name It To Tame It" is a technique that helps children process their emotions by identifying and verbalising what they are feeling. When a child is upset or overwhelmed, their brain's emotional centre (the amygdala) takes over, making it difficult for them to think clearly or regulate their reactions. However, when they name their emotions, for example: "I feel angry," "I'm really frustrated," or "I'm feeling scared", it helps activate the thinking part of the brain (the prefrontal cortex", which allows them to begin calming down and making sense of their feelings.

Why is This Important for Children?

When children don't have the words to express what they are feeling, their emotions can come out in meltdowns, defiance, avoidance, or withdrawal. By encouraging them to name their emotions, we are helping them:

- Feel understood and validated
- Develop emotional intelligence (understanding their own and others' emotions)
- Strengthen their ability to self-regulate
- Learn problem-solving skills to manage challenges
- Reduce anxiety and stress by making emotions feel less overwhelming

How Can Parents and Carers Support Their Child Using "Name It to Tame It"?

1. **Acknowledge their feelings:** instead of dismissing their emotions (e.g. "You're fine, stop crying") validate what they are feeling: e.g. "I can see that you're feeling really upset because your game didn't go the way you wanted."
2. **Help them name their emotions:** if they struggle to express themselves, offer some suggestions: "It looks like you're feeling frustrated because we have to leave the park. Does that sound right?"
3. **Tell a story about what happened:** narrating the situation helps children process events and feelings: "I saw that when your friend took your toy, you got really angry. You crossed your arms and yelled, 'That's mine!'"
4. **Use an emotions chart:** having a visual reference with different emotions can help younger children identify how they feel.
5. **Model "Name It to Tame It: in your own emotions:** show your child how you manage your own emotions: "I'm feeling a little overwhelmed right now, so I'm going to take a deep breath before we talk."

Over time, this strategy can empower children to manage big feelings, communicate their needs, and build resilience. By modelling and encouraging emotional awareness, parents and carers play a key role in supporting their child's emotional wellbeing.

STUDENT WORKBOOKS COMING HOME

This week the children will be bringing home their exercise books to share with you. Please take the time to look through, discuss and enjoy the work and responses your child has completed. Please remember that not all work undertaken is recorded in workbooks. In Religion, lessons involve prayer, role plays, research reading, listening to God's word etc., all of which play an important part in the children's learning. You may like to discuss your child's everyday faith experiences.

When looking at Mathematics books remember that mathematical thinking is often recorded in different ways. Children undertake a great deal of mental computation, reasoning and problem solving. They are also often required to articulate their thinking in a group.

You will notice in each of these workbooks, the children have placed a sticky note in their books to indicate a piece of work that they would like to share with you. We encourage you to write a comment about something they have done well. Children really do treasure your comments.

Additionally, we ask that the books be returned promptly the next school day so that your child can continue their written work in the appropriate book.



WELLBEING - School TV

SchoolTV is inviting parents, carers, grandparents, educators and school leaders to attend an exclusive webinar supporting primary and secondary students.

WEBINAR: Digital Media Literacy & Safety (Part1)

DATE: Wednesday, 19 March 2025

TIME: 7:00 pm

This presentation is Part 1 of a two-part series.

This will be an exclusive session with two of Australia's leading experts in youth wellbeing and cybersafety, Dr Michael Carr-Gregg and Susan McLean. Gain invaluable insights on how to empower young people to navigate the online world safely and responsibly.

Topics in this session will include:

- New Regulations on Social Media
- Cyberbullying
- Exposure to Hate Speech
- Online Safety and Fraud

Library Helpers Needed Book Covering

St Angela's needs your help!

We have many new readers that need covering before our Infant students are able to use them. If you can provide the time, we provide the contact book covering and the books. You can even do this at home. Just collect the books from the Office and then return them as soon as they are done.

Please email the school if you are able to help.

Thank you for your support.



Celebrating Our Gifts

7/3/2025

Noa Learning Excellence

Yiyan Luo - KB
 Andrew Cheuk - KG
 Oscar Lahoud - KY
 Grace Meshreky - 1B
 Morgan Connolly - 1G
 Leo Sirbadhoo - 1Y
 Lucy Villavieja - 2B
 Vincent Cruz - 2G
 Jackson Orefice - 2Y
 Phoebe Huang - 3B
 Elina Kasparian - 3G
 Zachary Chacko - 3Y
 Molly O'Reilly - 4B
 Ayaan Sood - 4G
 Sophie Hoon - 4Y
 Claire Ison - 5B
 Clarathea Kinsong - 5G
 Emma Houghton Boreham - 5Y
 Eloise Hoon - 6B
 Benjamin Morr - 6G
 Noah Young - 6Y

St Angela's Award

Isabella Lucas - KB
 Sophia-Grace Sathananthan - KG
 Brooklyn Ward - KY
 Thomas Hawke - 1B
 Natalie Holden - 1G
 Santiago Louang Amath - 1Y
 Christian Rassios - 2B
 Anna Nguyen - 2G
 Elyse Wong - 2Y
 Liam Yan - 3B
 Renee Manandhar - 3G
 Carlo Gorospe - 3Y
 Natasha Clemente - 4B
 Chloe Cruz - 4G
 Leo Gordon - 4Y
 Tanius Assaf - 5B
 Luca D'Urso - 5G
 Madeline Reilly - 5Y
 Harper Pickles - 6B
 Ruby Pace - 6G
 Rafael Busono - 6Y

CASH CARDS FOR CANTEEN

Canteen operates for students at second break each Tuesday and Friday (1:20pm). In accordance with CSPD guidelines, our Canteen operates as a cashless service to students. Students are able to purchase a variety of items at the canteen in the price range of 50c - \$2.00 using a school issued CASH CARD that can be purchased by parents on Qkr. Parents can purchase either a \$5 or \$10 CASH CARD. The card will be punched at the canteen each time a student purchases an item according to its cost. Please see price list at the end of the newsletter.

ENROLLING NOW



Year 7, 2026 Enrolment Applications are due by **Monday, 24 March 2025** to be considered for first round offers.

We invite you to submit your completed Enrolment Application **in person** to our College Office between **8:30am – 3:30pm**.

Enrolment Applications can be requested from the Gilroy Catholic College website.



ON TIME STUDENTS ARE SUCCESSFUL STUDENTS



Student attendance is one of the most common predictors of academic achievement. Students who consistently miss school hours develop habits that will lead into their adult life, affecting their education, career, and social connections. In contrast, students who participate entirely in school activities will have more opportunities to achieve academically, make healthy and informed lifestyle choices.

ST ANGELA'S SCHOOL BELL TIMES

Please be reminded of the following:

8.05am School Entry Gates Open for Student & Vehicle Access
 8.25am Music to move to assembly area
8.30am Official start of the school day
Start of the first learning session
 All children are expected to be ready for announcements at assembly and move into classrooms for the first learning session.
10.30am 1ST BREAK - LUNCH
 11.17am Music to move to assembly points
11.20am Start of second learning session
1.20pm 2ND BREAK - RECESS
 1.47pm Music to move to assembly points
1:50pm Start of third learning session
2.50pm Official end of the school day
 Bell to move to and assemble in dismissal zones.
 2.55pm Children begin leaving school grounds towards back gate, front gate crossing, cars, buses etc.

SIBLING ENROLMENTS 2026

If you are intending to enrol a sibling/siblings for Kindergarten at St Angela's in 2026, please go to our [website](#) and click on the icon to "REQUEST AN APPLICATION" form. This will generate an email that includes your application form.

SCHOOL UNIFORM

Some uniform reminders for parents to attend to with their children:-

Shoes and Socks:-

- Ankle navy socks with black leather shoes are to be worn with the boys Summer Uniform
- Plain ankle lemon socks, turn down tops with Black leather shoes are to be worn with the girls Summer Uniform

Please note that **Black sneakers are not permitted with the school uniform or the sports uniform**

- White socks ankle length – NO sockettes with a basically white jigger are to be worn with the girls and boys sports uniform.

A number of girls have been wearing extra large bows in their hair. Hair ties should be either the school scrunchie or a basic ribbon. See below for clarification

INCORRECT



CORRECT



SCHOOL FEES

CSPD has now posted the school accounts for Term 1, 2025. Payment is due by the 19th March unless a payment arrangement has been entered into. If you did not receive your account please contact the office.



SCHOOL DISCO
FRIDAY 28TH OF MARCH

DISCO will be held in the School Hall
 YRS K-2 | 4:30pm - 5:45pm
 YRS 3-6 | 6:00pm - 7:15pm
Cost: \$5 includes entry and donut
 St Angela's students only
 All students must bring a water bottle
 Hosted + organised by our Kindy Parents

Payment to be made via QKR! by close of business 20th March 2025

DON'T MISS IT!

DISCO - PARENT VOLUNTEERS

St Angela's Disco will be held on Friday 28th March. The Disco has two sessions 4:30pm-5:45pm and 6:00 pm - 7:15 pm . If you are able to help please complete the [2025 Disco - Parent Volunteers form](#).

2025 NSW Premier's Reading Challenge

PRC KEY DATES

Challenge Opens: Monday 24th February, 2025

Challenge Closes: Friday 22nd August, 2025

PRC Website Link: [PRC Website](#)

PRC Student Link: [PRC Student Experience Website](#)

OUR GOAL FOR 2025 IS 100%

of St Angela's students complete the Premier's Reading Challenge

The Premier Reading Challenge (PRC) aims to encourage a love of reading for leisure and pleasure in students and enable students to experience quality literature. The challenge encourages students to read, to read more and to read more widely. The NSW Premier Reading Challenge was launched on Monday 24th February 2025.

ATTENTION

Passwords have all been reset. The Reading Log with the student's username and password in grades 1 - 6 will be sent home this week. Kindergarten's Reading Log will be sent home next week.



**Celebrate St Patrick's Day at St Angela's on Monday 17th March
 Parents welcome from 8:45 am**

Wear your favourite green mufti

Donations for Caritas are made on Qkr!