



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. 7

March 20th, 2025
Term 1 - Week 8

PRINCIPAL'S MESSAGE

We celebrated a magnificent St Patrick's Day at school on Monday with students and families. Congratulations to our Year 6 House Colour leaders who led their teams in Chants, an Irish Jig and singing the song 'Irish Stew'. Thank you for the generous donations to CARITAS made on Qkr! \$1,477.00. If you would still like to donate, Qkr! is still open for you to do so.

Congratulations to our SRC students who hosted a beautiful St Joseph's day prayer liturgy for the school on Wednesday. The children planned the liturgy themselves which included writing prayers, and choreographing movements. Norah Siountris, 6 Green, used her talent for singing to conclude the prayer liturgy by singing 'St Joseph's song'. Thank you to Mrs Williams and Miss McEntee for working with the children and supporting them to Let their Light Shine as role models to our school community.



This Friday we will be celebrating Harmony Day and children are invited to wear cultural dress or orange to school to celebrate the diversity of cultures within our school. We will commence the day with a Liturgy hosted by the Year 6 students. Parents are welcome to attend. There will also be a cultural presentation for students at 2:00pm in the hall. Due to ill health the Polynesian performance originally scheduled has been substituted by the Cool Capoeira program. Capoeira is an Afro-Brazilian martial art and game that includes elements of dance, acrobatics, and music. Throughout the day the students will engage in activities related to the theme of Harmony Day "Everyone Belongs".



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 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
Wednesday 2nd April:	NSWCPS Swimming Carnival
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

St Angela's 2025 Cross Country

Data Collection Notice for Parents and Guardians

Kindergarten: Term 1 St Angela's Disco - Parent Volunteers

Year 5: Year 5 Excursion to the Blue Mountains

Year 6: 2025 Year 6 End of Year Events Committee Meeting Info.



RELIGION

19th March - Feast of St Joseph

The feast day of St Joseph gives us time to reflect on his role in the life of Jesus. Our SRC leaders led us in prayer on Wednesday morning. They shared that Saint Joseph was the husband of the Blessed Virgin Mary and the foster-father of Jesus. They described him as a brave and resilient man for accepting this special role in Jesus' life. St Joseph is known as the patron saint of fathers, families and workers. Saint Joseph always obeyed God, even though he did not always understand. Putting your trust in God can be very hard, especially when we may not understand what God is asking us to do. We can pray to Saint Joseph to help us trust in God as he did. We would like to share this [song](#) with your families as you pray to God through the intercession of St Joseph.



Jocelyn Williams
Director of Mission



IMPORTANT NOTICE FROM THE PARISH SACRAMENTAL TEAM REGISTRATIONS FOR FIRST HOLY COMMUNION OPEN MONDAY MARCH 24TH

We invite all parents with children in **Year 3 or above** who have been baptised and received sacrament of reconciliation, to register their children to prepare and receive First Holy Communion in **June 2025**. Register your child by filling in the form attached to the QR code displayed or making a click [here](#).

Please complete it by **Monday April 28th**, to reserve a place.



If you have any questions, do not hesitate to contact us at: sacraments@olorparishkellyville.org.au.

Sports Update

Sports News

Parramatta Diocesan Football Team

Congratulations to Xavier, Catalina and Chloe (Year 5), who participated in the Parramatta Diocesan Football Trials this week and were selected into the Parramatta Diocesan team. They will compete in the MacKillop trials in May. Congratulations!



St Angela's Cross Country

Calling out to our parent helpers! We would love to have more helpers to make the day a success. If you are available on Monday 31st March, please [complete the Parent Volunteer Form](#). Thank you!



Mrs Orsini

Assistant Principal

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.



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

February

14th March Lara Alam - 2B	18th March James Thomason - 6G
16th March Abigail Vavayis - 3B	19th March Anna Nguyen - 2G
17th March Jerome Cruz - 1G Sara Crisafulli - 4B Briseis Root - 5B John Fang - 6Y	20th March Jason Tedja - 2G Isaac Vassallo - 6Y

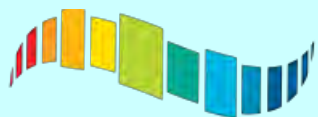
STUDENT WORKBOOKS COMING HOME

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.



msp
photography

School Photo Day - Wednesday 9th April

More information will be shared via
COMPASS next week

WELLBEING

Managing Anxiety in Children:

Helping Your Child Feel Secure and Confident

Anxiety is a normal emotion that all children experience at times, but for some, it can become overwhelming and interfere with their daily life, learning, and relationships. As parents and carers, understanding the signs of anxiety and knowing how to support your child can make a world of difference in helping them feel more secure and confident.

Common Signs of Anxiety in Children:

Anxiety can present itself in various ways, and every child may show it differently. Some common signs include:

- **Physical symptoms:** Complaints of stomach aches, headaches, dizziness, or trouble sleeping.
- **Emotional signs:** Frequent worries, fears, irritability, or excessive crying.
- **Behavioural changes:** Avoidance of school, social situations, or activities they previously enjoyed.
- **Cognitive signs:** Repetitive negative thoughts, constant need for reassurance, or difficulty concentrating.
- **Increased nervous habits:** Nail-biting, fidgeting, or restlessness.

Practical Strategies to Support Your Child

1. Validate Their Feelings

Instead of dismissing their worries, acknowledge their feelings with statements like, "I can see that you're feeling worried about this. It's okay to feel this way, and I'm here to help you through it." Letting them know their feelings are valid helps them feel understood and supported.

2. Teach Calm Breathing Techniques

Encourage deep breathing exercises such as:

- **Belly Breathing:** Place a hand on the belly and slowly inhale through the nose, making the belly rise like a balloon. Then exhale slowly through the mouth.
- **5-4-3-2-1 Grounding Technique:** Ask your child to name 5 things they can see, 4 things they can touch, 3 things they can hear, 2 things they can smell, and 1 thing they can taste to help them focus on the present moment.

3. Create a Predictable Routine

Children thrive on structure. Having a consistent daily routine, including set times for waking up, meals, homework, and bedtime, can provide a sense of security and stability.

4. Encourage Positive Self-Talk

Help your child replace negative thoughts with more helpful ones. For example:

- Instead of "I can't do this," encourage "I can try my best."
- Instead of "Everyone will laugh at me," encourage "I will focus on doing my best, and that's what matters."

5. Foster Healthy Coping Skills

Teach your child ways to calm themselves when they feel anxious. Activities such as drawing, journaling, listening to music, physical exercise, or spending time in nature can be helpful in reducing stress and worry.

6. Gradual Exposure to Fears

Instead of avoiding anxiety-provoking situations, gently encourage your child to face their fears in small, manageable steps. Praise their efforts and progress, no matter how small.

7. Model Calm and Positive Behaviour

Children often learn how to respond to stress by observing their parents. Demonstrating healthy ways to manage stress, such as staying calm, using problem-solving techniques, and practicing relaxation, can positively influence your child's ability to cope with anxiety.

8. Limit Exposure to Stressors

Be mindful of your child's exposure to distressing news, high-pressure situations, or overwhelming expectations. Create a balanced environment where they feel supported rather than pressured.

When to Seek Additional Support

If your child's anxiety is significantly impacting their daily life, schooling, friendships, or overall wellbeing, consider seeking professional help. You may also reach out to the school counsellor if you would like to discuss additional support for your child.

Celebrating Our Gifts

14/3/2025

Learning Excellence	St Angela's Award
Henry Power - KB	Rosie Chatten - KB
Madison Rados - KG	Angelina Barba - KG
Amelia Alam - KY	Ivy Smith - KY
Abel Norton - 1B	Eliana Burns - 1B
Darcy Brooker - 1G	Michael Saad - 1G
Syrus Chen - 1Y	Selena Scuglia - 1Y
Ruaan Dutta - 2B	Zara Maait - 2B
Amelia Halfhide - 2G	Ava Khodeir - 2G
Hayes Leung - 2Y	Zae Lawlor - 2Y
Milana Zullo - 3B	Sophia Cook - 3B
Aarush Sharma - 3G	Rory Vavasour - 3G
Jared Prescilla - 3Y	Gabriella Panto - 3Y
Jacob Tadiaman - 4B	Olivia Hendersson - 4B
Owen Muscat - 4G	Jennifer Chen - 4G
Zac Gardiner - 4Y	Andre Vancuylenberg - 4Y
Jack Hawke - 5B	Ariana White - 5B
Emmanuel Abu Duhou - 5G	Catalina Fam - 5G
Saraya Wilson - 5Y	Nathaniel Zhou - 5Y
Olivia Stuart - 6B	Sebastian Raad - 6B
Kayleigh Angara - 6G	William Hall - 6G
Isla Paulynn Colet - 6Y	Charlize Barnett - 6Y



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.

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. Please be aware that canteen cards are issued for a calendar year.

REMINDER YEAR 7 2026



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

Please submit your completed Enrolment Applications in person to our College Office between 8:30am - 3:30pm.

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!