



# St Paul's Post

St Paul the Apostle Primary School  
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Term 3, Week 4

16 August, 2019

## From the Principal

Dear Parents,

On Wednesday, we gathered as a faith-filled community for one of the Holy Days of Obligation in our church. The Feast of the Assumption, Mary's special feast day is one where we are reminded that our Mother Mary, who was free from sin, said 'YES' to be the Mother of Jesus. She was "blessed among women" and lived her life as a faithful servant of God. She shared closely in the birth, life, death and resurrection of our Lord. It was wonderful to see so many parents and family members celebrating Mary, our mother, with the students and Parish community - thank you!

This week, we revamped our Positive Behaviour Support for Learning (PBS4L) recognition system. The planning for this initiative has been ongoing throughout the year with many of the staff members meeting regularly with our PBS4L coach, Mrs Melissa Ryan. As a community of learners we made our commitment to following our school rules to be safe, respectful learners.

You may have also noticed the 4 new letterboxes coloured in our house colours. Once students receive a paw token from the teacher on the playground they are able to "post" their tokens into their respective letterboxes. Our school leaders will collect and collate the tokens each fortnight with Mrs Shelton or Miss Shelton and announce the collective tally at our assemblies. We are looking forward to some exciting learning activities as part of our PBS4L initiative.



**Peace and Joy!**  
**Megan Baird**  
Principal

## From the Assistant Principal

### Colour Me Happy Day

Last week, all families should have received information home about our fundraiser this term. Our Colour Me Happy Day (traditionally called our "Athon") will be on **Friday 6 September**. This is the school's major fundraising event for the year and we have set a target to raise at least \$14000. This money will go towards the purchase of resources such as technology for our learning spaces, reading books and equipment for the playground.

On the day we encourage all students to dress up in a shirt or costume in the colours of their sport house colour. Parents are invited to join us for a picnic lunch on the day.

All children raising money will receive tickets into our major prize draw. There will be a range of prizes for the final draw as well as small prizes to win on the day. We are currently seeking families who may have a business that could donate any type of prize for our prize draw. Thank you goes to the Whetton family who have donated a brand new bike this week and to Miss Mentis and her family who have donated a NutriBullet, Fitbits and a camera from Harvey Norman. Thank you also to our teachers and to our P&F who have been canvassing local businesses for prizes for the students. If you have a prize you would like to donate please contact me via the office or the school email or drop your prize donation (big or small) into the office.

**Mrs Misek**  
Assistant Principal

### POSTPONED - CYBER SAFETY PRESENTATION

**Due to circumstances beyond our control, our Police Youth Liaison Officer has had to cancel our Parent CyberSafety Talk scheduled for Monday 19 August. We apologise for any inconvenience.**

St Paul the Apostle Primary School is a community of *Safe, Respectful, Learners*

### Dates for your Diary

For the most up to date Parent Calendar Information, please see the 'Events' section of our Skoolbag app.

### Sport Uniform Term 3, 2019

Kindy	Monday and Tuesday
Year 1	Monday and Thursday
Year 2	Tuesday and Friday
Year 3	Tuesday and Friday
Year 4	Thursday and Friday
Year 5	Tuesday and Thursday
Year 6	Tuesday and Friday

### Staff Development Days 2019

No students at school on the following dates:

- Friday 27 September
- Thursday 19 December
- Friday 20 December

**Notes coming home today:**  
Literacy and Numeracy Parent Voice  
Literacy and Numeracy Week -  
SuperHero Costume Parade and further details.

## Preventing Childhood Bullying

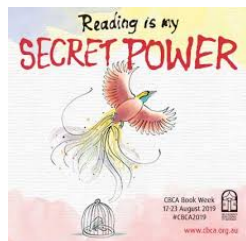
This week, attached to our newsletter, is an information flyer from Michael Grose, founder of Parenting Ideas, and one of Australia's leading parenting educators. He explains the approach one parent took to stamp out his daughter's bullying and discusses an alternative strategy that every parent can use.

## Arrival at School

**Just a reminder that the school day commences at 8:55am.** It is a legal requirement that the gate is closed at that time. If your child arrives after that time parents need to come into the school office and complete a partial absence notification to sign them in. We understand that sometimes, circumstances beyond our control contribute to a late arrival but you are urged to get your child to school for the beginning of the learning day.



## Literacy and Numeracy Week



Literacy and Numeracy week commences on **Monday, 26 August**. At St. Paul's, we will be celebrating these vital learning areas throughout the week. On Monday we are planning a whole school Numeracy focussed activity for the students. On Tuesday, we will be participating in a Book Parade during school time and also presenting a Numeracy and Literacy information night for parents. On Wednesday morning, students from Kindergarten to Year Four will enjoy a musical performance. Friday will be a very busy day also, beginning with a Fathers' Day Breakfast, open classrooms and a Mass, celebrating our Dads and all those who are like fathers to us. Please make a note of these events in your calendar and try to join us for some of our celebrations during Literacy and Numeracy Week.

Literacy and Numeracy Week Timetable		Audience
<b>Friday 23 August Week 5</b>	Special visit by children's author, James Foley - Years 5 & 6 only - 9:30am	Students
<b>Week 6 Monday 26 August</b>	Whole school Numeracy focussed activity "Read around the School" Teachers will share their favourite books with the students. 2:00pm - 3:00pm	Students
<b>Tuesday 27 August</b>	Superhero Parade 9.30am on the playground - Students are encouraged to wear a superhero costume or come dressed as a book character that has had an impact on them. (All welcome)  <b>Literacy and Numeracy Parent Information Night 5:30pm - 6:30pm</b>	All Welcome  Parents Only
<b>Wednesday 28 August</b>	Students from Kindergarten to Year Four will attend a musical performance 9:30-10:30am	Students
<b>Thursday 29 August</b>	Numeracy focus will continue throughout the week	Students
<b>Friday 30 August</b>  <b>JERSEY DAY</b>  On Friday 30 August we invite you to wear your favourite sporting Jersey to raise awareness of the importance of Organ Donation	Fathers' Day Breakfast from 7:30am - 8:30am, open classrooms from 8:30am and our Fathers' Day Mass (9:10am), celebrating our Dads and all those who are like fathers to us. Assembly @ 2:30pm  	All Welcome

## **Literacy and Numeracy Parent Information Evening**

**Tuesday 27 August 2019 - 5:30pm - 6:30pm**

As a part of our Literacy and Numeracy Week celebrations, we would like to invite parents along to an information evening focussed on these key learning areas. The intention of the evening is to share with you some of the strategies we are using to support your child in their learning. A letter will go home this week for you to indicate whether you would like to attend the evening and if you have any specific questions or areas of interest about Literacy and/or Numeracy at St. Paul's.

**Kieran Jackson**  
**Leader of Learning Numeracy**

**Margaret Feruson**  
**Leader of Learning Literacy**

## **Religious Education News**

Mrs Baird, Mrs Brackenbury, Lola H, Riley B and Taylor B had the privilege to attend this year's Education Mass at St Patrick's Cathedral on Tuesday. It was a beautiful mass in which Bishop Vincent reinforced that we are all learning disciples and encouraged all of us to show love to others in all that we do. The students also had the opportunity for a quick chae with Bishop Vincent following Mass. Mr Greg Whitby, our director, called on all of us to be curious about our learning and the world around us.

Yesterday, the whole school joined in celebrating the feast of the Assumption. It was a beautiful mass to recall the Assumption of our Mother Mary. Thank you to all the parents, grandparents and parishioners who joined with us in this celebration.

## **Confirmation preparation**

Please pray for our students in Year 5 as they prepare to receive the Holy Spirit through the sacrament of Confirmation.

*Gracious and Holy Father,  
Please give me:  
intellect to understand you,  
reason to discern you,  
diligence to seek you,  
wisdom to find you,  
a spirit to know you,  
a heart to meditate upon you,  
ears to hear you,  
eyes to see you,  
a tongue to proclaim you,  
a way of life pleasing to you,  
patience to wait for you  
and perseverance to look for you.  
Grant me a perfect end,  
your holy presence,  
a blessed resurrection  
and life everlasting.  
Amen.*



**Mrs Johra Brackenbury**  
**Religious Education Coordinator**

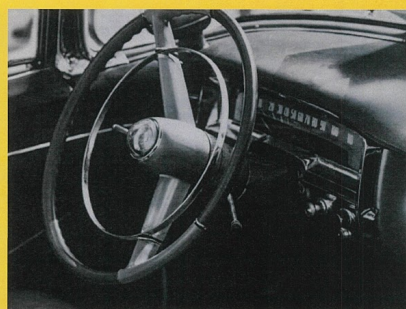
## **FATHER'S DAY CELEBRATIONS**

**Friday 30th August 2019**

7:30am Join us for breakfast  
provided by P & F

8:30am Open classrooms come  
and check out what we are  
learning about

9:10am Celebrate Mass with us  
*Wear your Jersey for organ  
donation awareness.*





### **NRMA Road Safety Day - Thursday 22 August**

A reminder that on Thursday 22nd August, St Paul's will be hosting an NRMA Road Safety Day. This will involve Road Safety Shows delivered to all students from Kindergarten to Year Six over the course of the day by trained professional science communicators. As part of the day, we invite students to bring their bike helmets to school so that they can practise fitting them during the show and then in the classroom.

Parents are invited to come along to learn how they can teach their children to be safe on the road. The program for the day is as follows:  
9:00am - Years Three and Four  
10:00am - Kindergarten, Year One and Year Two  
11:30am - Years Five and Six



### **Staff Development Day reminder**

A reminder that our next Staff Development Day is scheduled for **Friday 27th September** therefore there are no students at school on this day. The staff will be meeting and working offsite on this day therefore the office will also be closed. Thank you for making alternative arrangements for your children on this day.

### **Work, Health and Safety Reminders**

#### **WHS - a community responsibility**

Work, Health and Safety is a whole community responsibility. If you see something that you are concerned about or that needs fixing, please contact the school office so that the problem can be rectified as soon as possible.

Help us to keep your children and our school community safe at all times.

### **KISS 'N' DROP - IMPORTANT REMINDER**

Thank you to those parents using Kiss 'n' Drop appropriately. If you need to get out of the car to assist your child, please park in the allocated spaces and walk your child into school. We are very fortunate to have the Kiss 'n' Drop facility available in the mornings, please be considerate of other people. Our aim is to keep your children safe, please help us to do so.

- **Drive right to the end of the paved area - leaving room for cars entering the zone behind you.**
- **Children are to have their school bags with them - getting bags out of the boot causes delay and is unsafe.**
- **Drivers are to remain in their cars**
- **Children are to alight on the passenger side of the car with their bags**
- **Drivers are to exit the area slowly to rejoin the traffic.**

**Kiss 'n' Drop does not operate in the afternoon - Children must be collected from the stage area and will not be permitted to exit the gates without an adult.**

### **Child Protection**

A reminder for parents who are required to 'UPDATE' their child protection and for 'NEW' parents to the school. It is the Catholic Education Diocese of Parramatta (CEDP) requirement that parents who volunteer at school must complete the Child Protection Module ONLINE together with the Building Safe Communities - Undertaking for Volunteers. This training is available online at: <http://childprotection.parra.catholic.edu.au/training> and **MUST** be completed every two years. All parents must have completed the above **prior** to helping in the classroom, on excursions, sport days, canteen or any help around the school.

### **COSHC Parents - Good News!**

After a long wait, we are happy to announce that the new security/intercom system has been installed on the entrance gate. You will no longer be required to call COSHC from your mobile phones. When arriving at the gate, you will need to press the black button on the silver box and wait for COSHC staff to give you access. You will need to follow the same procedure as you leave. Please ensure that the gate is closed after you exit.

Thank you for your patience and continued support in keeping the children of St Paul's safe.

### **Change of School for 2020**

To estimate enrolments for 2020, it would be appreciated if the school could be notified in writing of any children who may be leaving St Paul's at the end of the year from grades other than Year 6. Thank you.

**HAPPY BIRTHDAY** to all those celebrating in the next couple of weeks -

Chloe M, Isabelle P, Jacinta G, Lilly G, Cooper H, Nathan B, Lara L, Evelyn G, Lara W, Riley B, Allanah T, Blake K, Brooke K, Max M.



## BEYOND THE CLASSROOM

### Premiers Reading Challenge

Congratulations to the following students who completed the Premiers Reading Challenge this week. Nathanael S (Kindy), Olivia B, Heath D, Luke N (Year 2), George A, Sarah F, William G, John N (Year 3), Thomas B, Cooper S, Heidi S (Year 4), Ciara S (Year 5) and Kayla H (Year 6).

A reminder that you need to record all books online before August 30 that is just 14 days to go. We recommend that you try not to leave it to the last minute to avoid delays due to heavy website traffic.



### Year 6 Canberra Excursion

On Thursday the first of August, Year Six departed on an overnight excursion to Australia's capital city, Canberra.

After a three hour trip, our coach dropped us all off at the Australian War Memorial for a 'We Will Remember Them' tour. After 2 hours and 45 minutes exploring our nation's military stories and history, we then travelled to Parliament House. At Parliament House, we saw politicians in the senate and house of representatives. They talked about issues in our nation like immigration and defence. After that we had lunch in Ngunnawal Park. Next was Questacon, where we were inspired by science exhibits. We had a turn at the free fall and got to experience what it's like to be in an earthquake.

That afternoon, we arrived at our accommodation and got to check out our cabins. Before we went to sleep, we visited Telstra tower and observed Canberra from a birds-eye view. We got to see the lights of the beautiful city of Canberra.

On Friday morning, we visited the The National Museum Of Australia (NMA). Here, we got to explore the stories of Australia's social history, our unique and distinctive land, nation and people through exhibitions and educational resources. Our final destination was the Australian Institute of Sport (AIS). We were taken on a guided tour around the elite training facilities and got to experience Sportex, one of Australia's leading interactive sports exhibits.

Everyone had an awesome time (including the adults)!!!



### Year 5 Bathurst Excursion

Year 5 attended their Bathurst Experience, where there were many great new things to learn and explore. Our schedule was jam packed with activities to help us understand life in Colonial Australia. Not only did we pan for gold, we watched a blacksmith demonstration, made damper, learnt about the Aboriginal communities and even got to experience some line dancing, along with many more activities.

Thank you to the students, parents and teachers. Year 5 will remember this experience for many years to come.

**Eureka!**







## Preventing childhood bullying

by Michael Grose

Childhood bullying is an insidious behaviour that thrives on secrecy and adult acquiescence.

The recent efforts by a father in Ohio, USA to hold his child accountable for bullying is commendable, even if the technique he used is questionable.

Matt Cox insisted that his ten year daughter walk eight kilometres each way to school for three days after she was banned from the school bus for bullying.

He posted a film of her walking to school on social media, which has drawn over 15 million viewers. Cox's actions have drawn mixed responses from parents and professionals alike.

Let's look at the filming and posting of a disciplinary measure to social media first. It's a firm belief of the Parenting Ideas team that discipline works best when it's a private matter between parents and their children, and not something shared with others.

### **Keep discipline private**

Many kids feel uncomfortable when even their close family are aware of the discipline they are experiencing. The posting of the film on social media borders on the realms of humiliation, which probably wasn't this father's intention. Imagine thirty years ago if Cox's parents had filmed an act of discipline involving their son and screening it as a short in movie theatres across the country. There would have been a public outcry about this invasion of privacy. Now thanks to social media posting of private matters is the new normal, which often goes unquestioned.

Parents should be encouraging their children to think very carefully before they post anything on social media as once the genie is out of the bottle it can't be put back. This video could well come back to haunt his daughter in the years to come.

### **Being accountable**

It's laudable that this father wants to hold his daughter accountable for her actions rather than dismiss the behaviour as minor, or 'just one of those things that happen.' Too often parents excuse their children's poor behaviour, or simply don't take it seriously enough.

This father backed the actions of the bus driver, which were presumably endorsed by the school. Parent inaction over children's inappropriate behaviour is a common frustration for many teachers and principals so I suspect knowledge of this dad's actions would have been greeted by high fives by most of the staff at the girl's school.

Reflection is a pre cursor to behaviour change so the fact that she walked to school gave her plenty of time to ponder on her actions. However this type of punishment doesn't generally lead to a reduction in bullying in the long-term.

### **Restore relationships**

Relationship restoration is a key strategy used by many Australian schools that's proving successful in changing bullying behaviour. Increasingly, kids who bully are expected to face up to their victims in safe, teacher-lead meetings. They are required to recall their actions and account for their behaviour. They also hear first hand the impact that their behaviour has had on the person they bullied, which is usually very confronting. This restorative justice method promotes real accountability as kids are expected to make amends in some way for the hurt that they have brought to the other person.

Research shows that many children who bully generally don't identify with the impact of bullying, so hearing first hand how their behaviour impacts on others is more likely to create some empathy, and hopefully, a decrease in bullying.

Like any behaviour change method, restorative justice doesn't work all the time. It needs to be applied in a calm, respectful way and it requires the support of the families of all children involved. This restorative justice method is less about seeking vengeance ('you'll get your come uppance') and more about seeking justice for the person who is bullied ("do you feel safe and also that you've been heard?") and achieving behavioural change from the child who bullies.

### **Use the restorative approach at home**

Parents can practise this restorative approach in their families by encouraging a child to make amends if they've upset or been nasty to a brother or sister. 'You mess up relationships, you make up relationships' is a fabulous way for kids to take ownership of their anti-social behaviours. Again to be effective this method needs to be carried out in a safe, calm manner at a time when children and teenagers are likely to listen.

Childhood bullying requires a zero tolerance approach from parents, teachers and coaches if it is to be stamped out. The approach taken needs to be respectful to everyone involved; aimed at achieving justice and maintaining personal safety rather than seeking vengeance and gaining pay back; and stay firmly in the private rather public domain.



**Michael Grose**

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 12 books for parents including *Spoonfed Generation* and the best-selling *Why First Borns Rule the World and Last Borns Want to Change It*. His latest release *Anxious Kids*, was co-authored with Dr Jodi Richardson.



every learner  
every day ☒

# When is sick too sick for school



## Send me to school if ...

- ✓ I have the symptoms of a cold or hayfever
- ✓ I have a sprain, strain or pain and I can function (walk, talk and eat)
- ✓ If I have asthma, diabetes, epilepsy etc - school personnel are trained to manage my condition. Talk to the school about my health plan
- ✓ I haven't vomited or had diarrhoea for 24 hours



If I am sick please call the school or write me a note to let the school know why I am not at school.

## Keep me home if ...

- ✓ I have a temperature higher than 37 degrees
- ✓ I am vomiting or have diarrhoea
- ✓ My eyes are red, and crusty (conjunctivitis)
- ✓ I have influenza (flu) - combination fever, sore throat, cough, muscle aches and headaches
- ✓ I have the symptoms of an infectious disease. Go to NSW Health - A-Z of infectious diseases for more information



Catholic Education  
Diocese of Parramatta





Parents Representative Council

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## Building Young People to Face Modern Day Challenges

James will speak to the modern day challenges facing our young people as revealed through a number of recent national and local surveys, Diocesan student forums and countless candid conversations with young people in the Diocese of Parramatta. James presentation will explore a culture of belonging, Wellbeing and positive engagement. He will outline what and how his team is able to assist young people to face these modern day challenges.



High school aged students are invited to attend with a caregiver or parent.



Our guest speaker for the evening is:

### JAMES CAMDEN

Director of Catholic Youth Parramatta

Register FREE now: [www.prc.catholic.edu.au](http://www.prc.catholic.edu.au)



**Monday, 26<sup>th</sup> August 2019**

**Doors open: 6:30pm for 7:00pm (2 hours)**

(PRC General Meeting - will be held prior to guest speaker)

**St Andrews Primary School,**

**36 Breakfast Rd, Marayong, NSW 2148**

Light supper and refreshments will be provided, and a lucky door prize will be up for grabs!

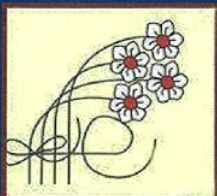
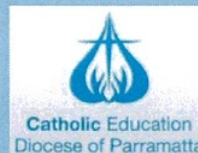
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**THANK YOU TO OUR 2019 SPONSOR**

## Floral Expressions

For details on the School fundraising program

Call Charles Lukasik on 02 9683 1116







## WINSTON HILLS ATHLETICS CENTRE



## FAMILY, FUN & FITNESS

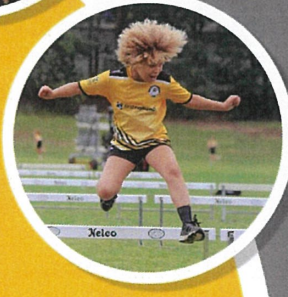
SEASON: Sept 14 2019  
to March 14 2020

Saturday Morning  
Running Days  
8am onwards

# REGISTER ONLINE FOR THE 2019/20 SEASON

\* Registrations open on 1 August 2019

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Tiny Tots  
U6-U17  
Seniors

Winston Hills  
Athletics Centre

[info@whlac.org.au](mailto:info@whlac.org.au)  
Gooden Reserve  
Cnr Gooden Drv &  
Kanili Ave Baulkham Hills



ACTIVE  
KIDS





# SING

Experience,  
qualification and  
passion.

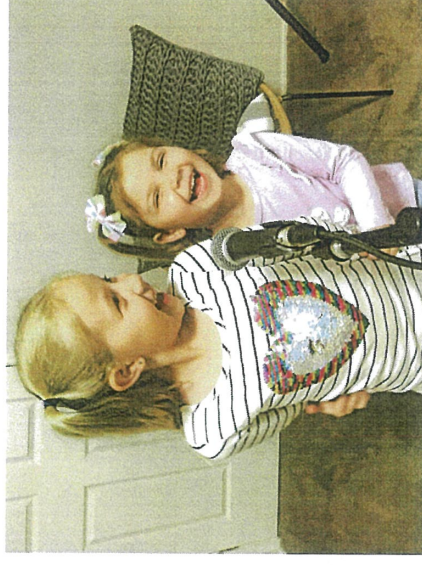
# cmc

COLLECTIVE MUSIC CO.

# LESSONS

Immerse  
yourself in  
music.

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# ENQUIRE NOW!