



St. Matt's Matters Newsletter

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Dear Parents/Caregivers,

Last week our Stage 3 students attended camp at Vision Valley. For some our students this experience is very challenging. Often it is the first time they have stayed away from home and family. For many of our students they are placed in and faced with activities and situations that they have not previously encountered. Camp is one way we encourage children to develop resilience. But what does being resilient mean?

When we talk about resilience, we're talking about a child's ability to cope with ups and downs, and bounce back from the challenges they experience during childhood – for example moving home, changing schools, studying for an exam or dealing with the death of a loved one. Building resilience helps children not only to deal with current difficulties that are a part of everyday life, but also to develop the basic skills and habits that will help them deal with challenges later in life, during adolescence and adulthood.

Resilience is shaped partly by the individual characteristics we are born with (our genes, temperament and personality) and partly by the environment we grow up in — our family, community and the broader society. While there are some things we can't change, such as our biological makeup, there are many things we can change.

One way of explaining the concept of resilience is to imagine a plane encountering turbulence during a flight. The turbulence, or poor weather, represents challenges. Different planes will respond to poor weather conditions in different ways, in the same way different children respond to the same adversity in different ways.

The ability of the plane to get through the poor weather and reach its destination depends on:

- **the pilot** (the child)
- **the co-pilot** (the child's family, friends, teachers and health professionals)
- **the type of plane** (the child's individual characteristics such as age and temperament)
- **the equipment available** to the pilot, co-pilots and ground crew
- **the severity** and duration of the poor weather.

We can all help children become more resilient and the good news is, you don't have to do it alone. You can ask other adults such as carers and grandparents to help. Building children's resilience is everyone's business, and it's never too early or too late to get **started**.

To help build resilience [latest research](#) suggests that there are five areas that offer the best chance for building resilience in children.

CALENDAR

Mar 19 Mon	Assembly 2:45 pm Presented by Kindergarten
Mar 21 Wed	Years 3 - 6 Parish Mass Harmony Day Mufti Day wear something orange
Mar 22 Thur	Cross Country McQuade Park
Mar 30 Fri	Good Friday Public Holiday
Apr 2 Mon	Easter Monday Public Holiday
Apr 3 Tues	9:00 am Easter Liturgy
Apr 4 Wed	Year 1 Parish Mass
Apr 9 Mon	Assembly 2:45 pm Presented by Year 4
Apr 13 Fri	Stage 3 Touch Gala Day
Apr 13 Fri	Last day Term 1



Source: Beyond Blue
<https://healthyfamilies.beyondblue.org.au/healthy-homes/building-resilience>

In partnership let us continue to work to develop in the children strong minds and gentle hearts.

Peace and best wishes for the fortnight ahead.

Tim Vane-Tempest,
Principal.

Our school is a place of "Holy Ground."

As **LEARNERS**

We are

SAFE RESPONSIBLE RESPECTFUL

Of

✧ **SELF**
 ✧ **OTHERS**
 ✧ **SCHOOL**

Target
90% average across
the school
Every learner

Every day - Transforming Lives

Attendance in the past fortnight

96.77%

Thank you for your support!

ENROLMENTS 2019

I would just like to remind everyone that we have begun the process of enrolment for the 2019 school year. If you have a child beginning school next year, now is the time to come and collect an enrolment form to begin this process. We also have some vacancies in other grades so if you know of anyone who is interested in enrolment, your support and encouragement of St Matthew's is greatly appreciated.

TEACHERS AS LEARNERS

Over the past 2 weeks our staff have been involved in a number of Professional Learning experiences. Miss Keane attending ongoing professional learning in her role as our Reading Recovery teacher, whilst Miss Viviani and Mrs Whiteman attended professional learning in Mathematics. This week our Year 3 & Year 4 teachers along with Mrs Whiteman will attend ongoing training in our inquiry learning strategy - Project Based Learning. As well as this Miss Schembri was commissioned into her teaching roles at a ceremony at St Patrick's Church, Blacktown.

EASTER EGG RAFFLE

We will once again be having an Easter Egg raffle. We are asking families to donate Easter eggs for our huge Easter Raffle. The more eggs that are donated, the more prizes there are to win!

Raffle tickets were attached to a note for families who have indicated their willingness to receive them. If you did not receive tickets and would like some please contact the School Office. Raffle tickets are **\$1 each**. If you require extra tickets they can be collected from the School Office.

All profits from the raffle will go towards our fund raising target of \$5000 for 2018, to purchase new reading resources for our students. Thank you for your contribution towards helping us achieve our goal.

Important Dates

Easter Eggs sent to school by **Tuesday 20th March**.

Raffle tickets are to be returned to school no later than **Friday 27th March**.

Wrapping day on **Tuesday 27th March** at **9am** if you are able to assist - Morning tea will be provided.

Raffle Draw on Thursday **29th March** at **2:25pm**.



KISS & DROP

Thank you to all parents and family who use the Kiss & Drop on your fantastic efforts to use it courteously and to minimize disruption in Little Church St. Below is a reminder to the whole community of the way the Kiss & Drop is used.

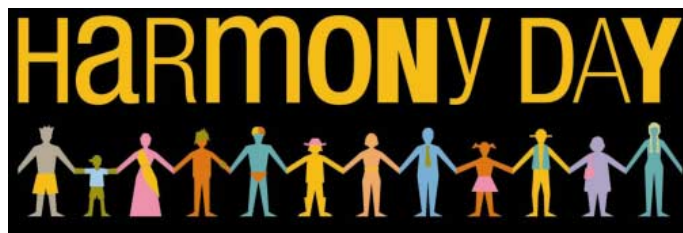
The Kiss & Drop area is located in Little Church St. It has been established to assist with traffic flow in the street and for parents who wish to drop off and pick up children without parking.

The important guidelines for using the Kiss & Drop zone are:

- ❖ ***Kiss & Drop operates between 8:30 am. and 9:00 am. each morning and 3:15 pm-3:40 pm each afternoon***
- ❖ ***Kiss & Drop is monitored by school staff each afternoon***
- ❖ ***Cars will follow in single file through the drop zone***
- ❖ ***Drivers should move as far as possible into the zone before stopping to allow children to get out***
- ❖ ***Children need to exit the car on the left hand-side so they are not walking behind or between cars using the zone***
- ❖ ***No overtaking of vehicles in the Kiss & Drop zone***
- ❖ ***Drivers need to stay in their car at all times – no parking is permitted in the Kiss & Drop***
- ❖ ***When leaving the Kiss & Drop zone be aware of other drivers and pedestrians using the street***
- ❖ ***Thank you in advance for your assistance in keeping our Kiss & Drop open for all in our school community.***

2ND HAND UNIFORM SALE

On Thursday 5th April from 8:30 am in the hall, 2nd hand uniforms will be available to purchase between \$5 - \$10.



Our whole school will hold a mufti day on Wednesday 21st March to celebrate Harmony Day.

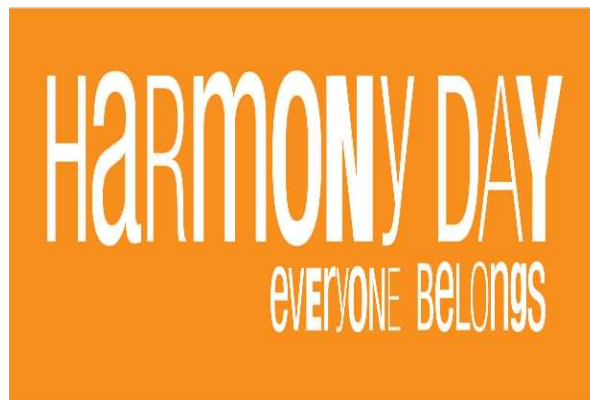
Students are to wear something orange and bright colours.

Greetings St Matthew's School Community! Catholic Schools Week gave us all an opportunity to reflect on and thank the many people who have helped to develop and enhance Catholic Education. We celebrated all people, past and present that have helped to make our Catholic schools places of faith, hope and learning. Our Mass to celebrate Catholic Schools Week last Friday reminded us all of the wonderful opportunities and support that we experience here at St Matthew's. May all our Catholic schools continue to be places of connection and sources of hope and enthusiasm for all students and their families.

HARMONY DAY

On Wednesday, the 21st March, it is Harmony Day. We celebrate our culturally diverse society in Australia. We acknowledge our Aboriginal culture and heritage, as well as the millions of people who have migrated to Australia from other countries over the years. To live in harmony in Australia, we show respect, tolerance, compassion and understanding to everyone, so we can live in peace.

The colour of Harmony Day is orange. To celebrate Harmony Day next Wednesday, students are invited to wear orange mufti clothes (or have some orange featured on the clothes, or orange ribbons, etc)



There will be a whole school liturgy in the COLA at 9:00 for Harmony Day.

The Year of Youth- 2018

During this Year of Youth, the Australian Bishop's encourage us to promote and foster the personal and spiritual growth of our young people. As a faith community, we acknowledge the importance and responsibility to encourage our students to be empowered to live as Christ's disciples in our world today.

How can we at St Matthew's encourage our students to be more connected to their faith community and spread joy to others in need?

"Let us keep our eyes fixed on Jesus, who leads us in our faith and brings it to perfection: for the sake of the joy which lay ahead of him".

Hebrews 12:2

Parent Reflection Day

Thursday 3 May, 9.30am - 2.00pm, Holy Shrine of the Innocents, Kellyville.

Our Lady of the Rosary Parish.

Altar Servers Needed

If your child is in Stage 3 and have made their First Eucharist and would like to be trained to become an Altar Server, please contact me through the office.

They will be able to serve at School and Parish Masses throughout the year.

Jewellery making to raise money for the poor.

If you know of anyone who would like to assist Stage 2 and 3 students to make beaded jewellery, please contact me through the school office.

Thank you.

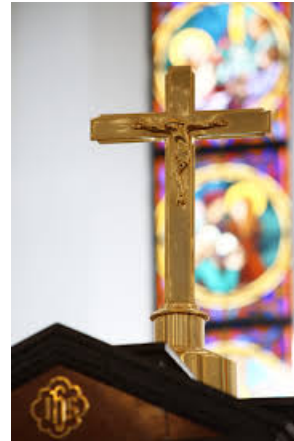
God Bless.

Ann Climpson

Jesus in our hearts – Forever!

Our Lady of Fatima– Pray for us.

St Matthew- Pray for us.



TUCKSHOP2U

Monday & Friday

Order before 11 pm on Thursday night & Sunday night

<https://tuckshop2u.com.au>

Payment options include PayPal and Credit Card
(VISA, MasterCard and American Express)

Canteen open Tuesday,
Wednesday & Thursday for
recess.

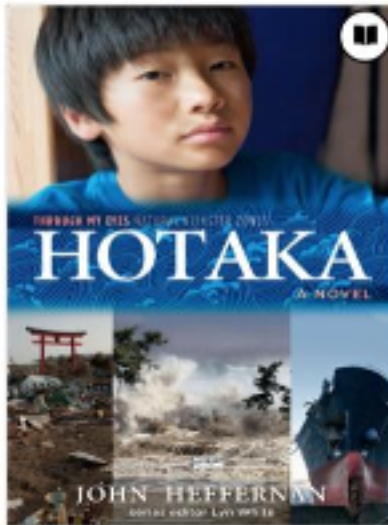
Selling Water, Juice, Chips,
Ice blocks & Ice creams.

Thank you to our
volunteer helpers.



Student eBook Of The Week

~ Primary Schools
Mar 12 2018



ACEN OverDrive
Audio & eBooks

<https://goo.gl/sDQQY6>



Suitable for years 5 - 6



NOTABLES - 2018

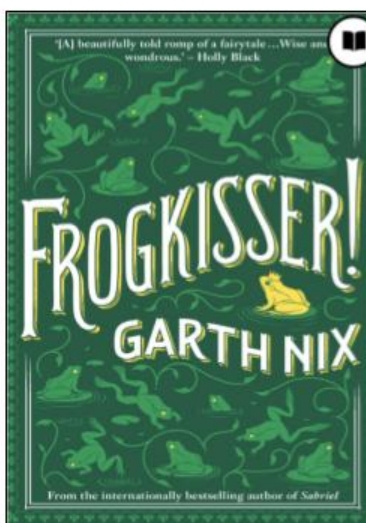
When the tsunami strikes the Japanese seaside town of Omori-wan, the effects are utterly devastating. Three years later, much of what happened on that day is still a mystery. As Hotaka sets about convincing local performers to appear at the town's upcoming Memorial Concert, he finds himself increasingly haunted by memories of best friend, Takeshi, who perished without trace in the tsunami. Then his friend Sakura becomes involved in an anti-seawall movement, and all too quickly the protest gets serious. As the town and its people struggle to rebuild their lives, can Hotaka piece together what happened that day - and let go of the past?

learning exchange



Student eBook Of The Week

~ Secondary Schools
Mar 12 2018



ACEN OverDrive
Audio & eBooks



<https://goo.gl/L2yF21>

Suitable for years 7 - 9



NOTABLES - 2018

Talking dogs. Mischievous wizards. An evil stepfather. Loads and loads of toads. Such is the life of a Frogkisser.

Princess Anya needs to see a wizard about a frog. It's not her frog, it's her sister's. And it's not a frog, it's actually a prince. A prince who was once in love with Anya's sister, but has now been turned into a frog by their evil stepfather. And Anya has made a 'sister promise' that she will find a way to return Prince Denholm to human form...

So begins an exciting, hilarious, irreverent quest through the Kingdom of Trallonia and out the other side, in a fantastical tale for all ages, full of laughs and danger, surprises and delights, and an immense population of frogs.

learning exchange



Please take note of the following important sport related dates over the next term:

TERM 1

Week 8

St Matthew's Cross Country Carnival Thursday March 22

Tennis finishes Thursday March 22

Week 10

Stage 3 Girls and Boys Soccer Gala Day Trials

Week 11

Stage 3 Touch Gala Day at St Mary's Friday April 13



TERM 2

Week 2

Tuesday May 8 - Diocesan Cross Country

Wednesday May 9 - Wanderers Soccer Clinic

The **St Matthew's Cross Country Carnival** will take place next Thursday March 22 from approx 9:30 am - 12:00 pm. Please ensure you complete the entry form and return to the office by Monday March 19. This is a mandatory sporting events for students to take part in and will be training towards, during class time. It can be jogged and/or walked and most importantly enjoyed with their classmates whilst achieving fitness goals. We still need helpers for this carnival so if you are able to assist please fill out the bottom half of the note with the parent helper information or email me at kbrand@parra.catholic.edu.au



Hot Shots Tennis camp sessions with coach Fiona Roseby from 3:20 pm - 4:20 pm have been a blast!! Students have been learning new skills such as the forehand and backhand strikes.



BOOTCAMP is every Thursday morning at 8:00am. Students will meet at the front gate of the school each morning. If your child attends COSHC in the morning please speak to them regarding permission to attend. The focus this term is to build up strength and endurance for events such as Swimming, Cross Country and upcoming gala days.

2018 NSW Catholic PRIMARY SCHOOL SPORT GOLF TOURNAMENT

nominations are OPEN

Who is eligible ?

Any student in Years 3 - 6 at a NSW Catholic School affiliated with NSWCPs MacKillop & Polding. Entries are by individuals not as a team or school.

What Divisions are there?

9 Hole Tournament- a participation competition.No golf link number or handicap required and suitable for beginner golfers and less experienced.(Must have some experience).

18 Hole Tournament -**participants must have a golf link number and a handicap**. This event is also used for selecting Polding and MacKillop teams to go to the NSW PSSA State Carnival in September.

What do I need ?

Each participant must provide their own equipment - clubs etc. Participants must wear their school sports shirt (and jacket). No caddies are allowed but we are always looking for volunteer walkers.

How do I enter ?

Entries are completed online on our CSSS website.www.csss.nsw.edu.au If you have an account on the website, simply log in then go to the NSWCPs portal > Golf > Register. Ensure you select the correct region.

If you do not have an account, go to help and follow the prompts to set up a new account and add a child.Then register for golf.

Upon entry, an email will be sent to your principal for principal approval.

When and where are the NSWCPs Golf Tournaments ?

Both held on the same day - Monday 6 August at Mudgee Golf Course

How much does it cost ?

9 Hole \$30

18 Hole \$40 which includes greens fees.

Payable online at registration.

If this is an interest of your child's, please contact Mrs Brand for any additional information

Mrs Brand

Sport Teacher/Sport Coordinator

The simplest way

...to pack a lunch box is here!

The task of packing a healthy school lunch is now easier with the launch of our exciting new Healthy Lunch Box website healthylunchbox.com.au

The new website shows how easy it can be to pack a healthy lunch box that your kids will love.



It features an interactive lunch box builder that enables you to plan your kids' lunches on your phone, desktop or tablet - it's quick, easy and the kids will love helping too!

Healthy recipes and tips on adding more fruit and veg to lunch boxes will help set your child on a path of lifelong healthy eating to reduce their cancer risk.

Visit healthylunchbox.com.au for recipes & information you can trust.

STUDENT OF THE WEEK

KINDERGARTEN	<p>Ashton - For enthusiastically engaging in all learning tasks and group discussions.</p> <p>Chantelle - For encouraging others in class and being a welcoming friend.</p> <p>Callum - For always being ready for learning.</p> <p>Kaytlyn - For her participation during Religious Education lessons.</p>
YEAR1	<p>Caelen - trying hard to listen to all instructions and complete his work independently.</p> <p>Liam - for working diligently during reading group rotations.</p> <p>Chantelle - for challenging herself to work with 3 and 4 digit numbers in Maths.</p> <p>Spencer - for being a responsible class member.</p>
YEAR2	<p>Zahlia - For her consistent effort in all learning areas and for being a responsible and respectful class member. Well Done!</p> <p>Hadyn - For justifying and explaining his thinking when working with more complex number lines.</p> <p>Sophia - For having a go when pronouncing unfamiliar words during guided reading groups. Well Done!</p> <p>Jack - A detailed description on how the environment provides for the needs of living things. Well Done!</p>
YEAR3	<p>Mason - for demonstrating a thorough understanding of the link between multiplication and division facts using groups of arrays.</p> <p>Noah - for using a variety of comprehension strategies to make meaning of a text during reciprocal reading sessions.</p> <p>Sophie - for having a positive attitude towards learning and persisting with challenging tasks.</p> <p>Rylie -for being a positive role model for her peers by always showing kindness and compassion towards others.</p>
YEAR4	<p>Gemma - for always asking questions to further her understanding of a text.</p> <p>Allison - for excellent presentation and detailed work.</p> <p>Ashton - for excellent presentation and detailed work.</p> <p>Daniel - for working conscientiously and completing all tasks.</p>
STAGE3	<p>Olivia - for a positive growth mindset in Mathematics.</p> <p>Cody - for displaying outstanding teamwork skills while at Vision Valley.</p> <p>Ava - for her enthusiastic attitude towards all learning tasks.</p> <p>Ben - for an outstanding PBL , showing creativity and collaboration.</p> <p>Jack - showing enthusiasm when writing his camp recount</p> <p>Max - a growth mindset in Mathematics when tasks are challenging</p> <p>Darcy - for challenging himself with activities during camp.</p> <p>Jordan - for a consistently neat approach to her bookwork presentation for all subjects.</p> <p>Georgia - for showing a great understanding of Multiplication and Division during Maths tasks.</p>

BE A MENTOR CHANGE A LIFE



Are you passionate about making a difference to the lives of young people?

OCTEC Limited is looking for **volunteer mentors** who want to make a positive difference to young people in the community.

As part of the NSW Government Youth Frontiers program, our mentors will have the opportunity to offer support and guidance to young people aged 12-16 in the Nepean Blue Mountains District (Blue Mountains, Penrith, Hawkesbury and Lithgow).



Supported by NSW Government

HOW DO I GET INVOLVED?

Mentors must be available to mentor a young person 2 hours per week throughout 2018.

Training and ongoing support will be provided.

If you are a natural mentor and are ready for a challenge, please send your resume and a brief expression of interest (1-2 paragraphs) outlining why you would like to become a mentor to:
applications@octec.org.au

All successful mentors will be required to undergo a criminal history check and working with children certification.

WE NEED MENTORS WHO:

- connect easily with young people
- have a passion to help youth develop their confidence, teamwork, leadership skills and community connections
- will assist a young person with participating in a community engagement activity.

Bishop Office

2018 Lenten Message from Bishop Vincent

To read Bishop Vincent's Lenten Message in full and watch the video, please visit: goo.gl/2F77m9

Confraternity of Christian Doctrine Lecture Series

Confraternity of Christian Doctrine (CCD) has engaged Dr Laurie Woods to present on the Gospel of Mark. Venue: IFM, Marion St, Blacktown. Time: 10 am - 2pm. Dates: Friday 23 March, Friday April 6, 13. All are welcome. BYO lunch. RSVPs to Maree 02 9890 4731

Positions Vacant

- Credo Youth Group Coordinator - St Patrick's Cathedral, Parramatta

For further information, please visit www.stpatscathedral.com.au

- Digital Content Producer - Archdiocese of Sydney
- Multimedia Journalist - Archdiocese of Sydney
- Executive Officer, Aboriginal Catholic Ministry - Archdiocese of Sydney
- Kitchen Hand/Cleaner, The Seminary of the Good Shepherd - Archdiocese of Sydney
- University Chaplaincy Co-ordinator, Sydney University Chaplaincies (Closes: 23 March 2018)

For further information, the advertisements for these positions can be viewed at www.catholicjobsonline.com.au

Palm Sunday Procession: 25 March

Catholic Youth Parramatta are hosting the annual Palm Sunday Procession. Starting at Parramatta Town Hall on Sunday 25th March at 5:15pm and walking to St Patrick's Cathedral, Parramatta. Details at: parracatholic.org/cyp

Good Friday Night Walk: 30 March

Catholic Youth Parramatta are hosting the annual Good Friday Night Walk. Starting Friday 30th March at 10:00pm from St Patrick's Church, Blacktown and finishing at St Patrick's Cathedral, Parramatta. Details at: parracatholic.org/cyp

First Mass at St Luke's Marsden Park: 8 April

The new St Luke's Catholic Faith Community, Marsden Park invites you to join them as Bishop Vincent Long, assisted by Deacon Tony, leads their first Mass at St Luke's College, Frontier Avenue, Marsden Park on 8 April at 10am. More info at: <https://stlukesmarsdenpark.org.au>

The Permanent Diaconate: 6 May

The discernment program for those who are interested in finding out more about this Vocation will be held at St John 23rd Parish, 160 Perfection Avenue, Stanhope Gardens 2768. Come and learn more about vocations to the Diaconate and have a chat with our team members. We are looking for men aged between 35 to 55 and residing in the Diocese of Parramatta. Our discernment program consists of five sessions, with each session dealing with different aspects of the Diaconate. The meetings will commence at 3.00pm until 6.00pm followed by the Parish Mass and Fellowship. The 2018 dates on Sundays: 8 July, 9 September, 4 November. For further information visit www.parracatholic.org/permanent-diaconate or please contact any of the following deacons: Deacon James – 0425 213 832, Deacon Tan – 0407 270 782, Deacon George – 0408 440 769

PROCLAIM 2018: National Conference on Parish Renewal and Evangelisation 12 – 14 July 2018

The Archdiocese of Brisbane, in collaboration with the ACBC's National Centre for Evangelisation, will host PROCLAIM 2018. This national conference will engage parishes and faith communities in a conversation focusing on five key areas: Leadership, Culture Change, Young People, Belonging and Evangelisation.

During the conference participants can attend keynote presentations, expert panel sessions and discussions facilitated by leaders with 'on the ground' experience. Ideally, this will help those participants to contribute to the formulation of some practical strategies to assist your parish or faith community's own goals in the areas of renewal and evangelisation.

Keynote speakers include Cardinal John Dew (Archdiocese of Wellington, New Zealand), Ron Huntley (Divine Renovation – Canada), Ms Lana Turvey-Collins (Plenary Council 2020 Facilitator), Mons Enrique Fiquaredo SJ (Cambodia) and host of PROCLAIM 2018 Archbishop Mark Coleridge (Archdiocese of Brisbane). To find out more visit www.proclaimconference.com.au and register at our early bird rate.

Australian Catholic Historical Society Lecture: 18 March

Br Dr Kelvin Canavan fms -The bureaucratisation of Catholic schooling and the emergence of the Catholic Education Office. Meet at 2.00pm in the Crypt Hall of St Patrick's, Church Hill (Grosvenor Street). Admission is free and open to all. Visit the ACHS website www.australiancatholichistoricalsociety.com.au for more information.

Lenten Concert Reflection: 18 March

'Ashes to Easter' with Peter Kearney on Sunday 18 March, 3.00-4.15pm in the Chapel of St Patrick's Cathedral, Parramatta. Peter Kearney is an Australian Catholic singer-songwriter and guitarist whose hymns and songs include 'Fill My House' and 'The Beatitudes'. His 'Ashes to Easter' concert weaves songs and stories and reflections on Lenten themes and looks ahead to Holy Week and Easter. To register, email concerts@peterkearneysongs.com.au specifying 'Parramatta' and number of seats needed. Suggested donation \$10 at door.

Redfield College Open Day: 21 March

Redfield College Term 1 Open Day will be held on Wednesday, 21 March 2018 from 12:00 to 2:30pm. You are most welcome to attend a tour followed by the Headmaster's Talk at 1:00pm. Contact Angie Celis on 02 9651 0381 or angie.celis@redfield.nsw.edu.au for more information. Enrolments are open for Years 2 to 12.

Holy Hour for Vocations: 5 April

The Sisters of the Holy Family of Nazareth cordially invite YOUTH (age 18-35) to join us for Holy Hour for Vocations on Thursday, 5 April at 7:00 pm. Join us also for the pizza at 8:00pm, Holy Spirit Convent, 120 Capuchin Way, Plumpton. RSVP: Sr Paula by 1st June, e-mail: vocationscsfn@gmail.com mob: 0449 656 406

Nigerian Mass in Igbo: 8 April

Rev Fr Chukwunonyerem Akamadu, Chaplain to the Nigerian Catholic community, will celebrate Mass at 11.30am at Our Lady Queen of Peace Parish, 198 Old Prospect Road, Greystanes. Contact Fr Akamadu tel 0451 174 438, Stella Nwosu 0405 478 472.

Grief to Grace: 8 - 13 April

Healing the Wounds of Abuse – is a spiritual retreat for anyone who has suffered degradation or violation through physical, emotional, sexual or spiritual abuse. The retreat will be held April 8th – 13th 2018. To request an application contact Anne by emailing info@griegtograceaus.org.au or phone 0407704539. For more information visit www.griegtograce.org

Healing After Abortion Retreat: 13 - 15 April

Rachel's Vineyard Ministries, Sydney offers regular healing retreats for those who have experienced an abortion. The retreat offers a sanctuary in which to renew, rebuild and redeem hearts broken by abortion in a safe, supportive, confidential and non-judgmental environment. Information and a brochure can be found at: www.rachelsvineyard.org.au or call us on our confidential voicemail number 0400 092 555 or email info@rachelsvineyard.org.au.

Easter Reflections and Prayer: 14 April

The Sisters of the Holy Family of Nazareth cordially invite YOUTH (age 18-35) to join us for a day of Easter Reflections and Prayer on Saturday, 14 April at 2:30pm. Holy Spirit Convent, 120 Capuchin Way, Plumpton. RSVP: Sr Paula by 1st June, e-mail: vocationscsfn@gmail.com mob: 0449 656 406

Australian Catholic Historical Society Lecture: 15 April

Mr Stephen Crittenden, Ms Maha Melhem, Ms Anna Tydd, - The Royal Commission into Institutional Responses to Child Sexual Abuse. Admission is free and open to all. Visit the ACHS website www.australiancatholichistoricalsociety.com.au for more information.

Worldwide Marriage Encounter Weekend: 27-29 April

A marriage enrichment experience for married couples – set in peaceful, picturesque surroundings, away from the distractions of everyday life. During the weekend, couples have a unique opportunity to reconnect, rekindle and refresh their relationship. Take time out of your busy schedule, to invest in your most precious asset . . . your Marriage! Date: 27–29 April at Mt Carmel Retreat Centre, Varroville, NSW. Bookings online at www.wwme.org.au or Adrian and Janet Sullivan: on 0490 774 419 or adrian.janet1@bigpond.com

For more events please go to: <http://parracatholic.org/events/>



**Santa Sophia
Catholic College**

Every learner, every day: TRANSFORMING LIVES

OPEN DAY
21 MARCH 4PM - 7PM

Santa Sophia Catholic College brings together the best we know about how young people learn and how to teach them. We are a school that fosters imagination and innovation. Santa Sophia Catholic College prepares learners for life through wisdom, faith, hope and love.

**SANTA
SOPHIA**
CATHOLIC COLLEGE

P: 8601 6200

www.santasophiacollege.catholic.edu.au

Unfortunately St. Matthew's Windsor is unable to offer Vocational Care. Below is information for Catholic Out of School hours care at Quakers Hill.





AUTUMN 2018 VACATION CARE

Apr 16	Apr 17	Apr 18	Apr 19	Apr 20
Space Theme Day	Koori Kinnections (Incursion)	Foot Golf (Excursion)	Independent Film Day	FIFA World Cup Day
Apr 23	Apr 24	Apr 25	Apr 26	Apr 27
ANZAC Theme Day	Event Cinemas Castle Hill (Excursion)	CLOSED (ANZAC DAY)	Basketball & Soccerop's Clinic (Incursion)	In Europe for a Day!

Care is available each day from 6:30am—6:30pm. All excursions will depart by 8:00am and return by 4:00pm unless otherwise specified

Please return booking form in person or email to: coshmaryimmaculate@parra.catholic.edu.au

Contact Centre Supervisor on 0417 203 333

CLOSING DATE FOR BOOKINGS & PAYMENT: THURSDAY 29TH March, 2018.



AUTUMN 2018 VACATION CARE PROGRAM

Week 1: Apr 16 - 20
Space Theme Day: Calling all astronauts to come enjoy our Space themed day to kick-start our Vacation Care! We will be going to infinity and beyond with exciting games and activities all day. Come and explore outer space like you never seen before.
Koori Konnections: Come along as we learn all about the First Australians. Immerse yourself and discover about Indigenous Heritage, The Land, Culture and Dream time stories. We will also get our faces painted in traditional Aboriginal artwork and dance the afternoon away.
Foot Golf: Source your inner Greg Norman and Leo Messi for this fun-filled excursion. Challenge your friends in this soccer-style game of golf where we kick a soccer ball down the fairway. Combine your love of golf and soccer in one fantastic and exciting fun filled game.
Independent Film Day: Hollywood here we come!! Learn all about how Independent Film began and what films are classified as independent. We will let our creative imagination run wild as we produce our very own film. Then walk the red carpet as we premier our blockbusters.
FIFA World Cup Day: Get ready Russia 2018 here comes COSHC Mary Immaculate. With a day full of excitement including Soccer games, craft and a World Cup style tournament.
Week 2: Apr 23-
ANZAC Theme Day: Lest we forget. Today we reflect and learn about the Battle of Gallipoli where Australians and New Zealand fought in the First World War. We will remember them by celebrating with a game of Two Up and honoring the heroes of this important day.
Event Cinemas: What's a cow's favourite place to go for fun? The mooovies! Come along for this excursion where we watch the latest kid's film at Event Cinemas.
CLOSED for ANZAC Day
Basketball & Wanderer's Clinic: Will be joined by ex-Sydney Kings players and Wanderer's coaches who will take us through some drills and activities. We will finish this exciting day with a playoff. Bring you're A game!
In Europe For a Day: On our flying carpet we travel to exotic countries from Paris to Rome in an adventure fun filled day. Learn about other cultures as we explore exciting places and cities and cook some exciting exotic foods!

Children Must Bring: Fruit snacks, morning tea, lunch and a refillable drink bottle unless otherwise indicated. COSHC will supply breakfast and afternoon tea each day. Children will not be able to purchase food while off site. COSHC is a NUT FREE Zone!!!

Children Must Wear: As per our Sun Safe Policy, all children must wear sun-safe clothing with sleeves and collar, enclosed sport shoes & socks and a sun-safe hat (*Legionnaire hat or Bucket hat with a deep crown and wide brim*) for all outdoor play including all excursions. Children must wear COSHC Hi-Vis Vests on all off site excursions.

Child Information (As listed on your enrolment form)

Child Name: _____ Age: _____ School Year: _____

Child Name: _____ Age: _____ School Year: _____

Child Name: _____ Age: _____ School Year: _____

Are children currently enrolled in COSHC for Before/After School Care? YES / NO **If this is the first time booking for Mary Immaculate VAC you will need to also complete an enrolment form.**

If YES, which COSHC Service do they attend? _____

I hereby give my permission for my child/ren to participate in the excursions and incursions on the dates I have indicated on this booking form:

Preferred Contact Number: _____

Preferred Email Address: _____

Parent/Carer Name: _____

Parent/Carer Signature: _____

Date: _____

Please initial the box for each child, for each day of care that you require

Child's Name	\$50	\$55	\$70	\$50	\$50	Total \$
						\$
						\$
						\$
Child's Name	\$50	\$70	CLOSED	\$55	\$50	Total \$
						\$
						\$
						\$
						\$
CLOSING DATE FOR PAYMENTS APRIL 4, 2018					TOTAL: \$	

Parent / Guardian Permission
(Please read and initial every statement)

I understand that failure to make the full Vacation Care fee payment by April 4, will result in my child/ren's position at Vacation Care being cancelled without notice.	
I understand that no further bookings OR changes to bookings will be accepted after THURSDAY March 29 th , 2018.	
I agree to abide by all policies and procedures of Catholic Out of School Hours Care.	
I accept that children will be supervised at all times, and that all travel between the Centre and excursion venue will be in privately booked buses with seatbelts.	
I understand that excursions are compulsory for all children booked in on that day to attend and that the number of participants will not exceed the licensed number.	
I understand that "Excursion and Incursion Risk Assessments" have been completed prior to the event and are available to me upon request.	
I understand that the ratio's that COSHC adheres to is 1:15 for onsite days and 1:8 for all excursions (water based excursions are 1:5). Additional carers will be rostered where it is deemed to be necessary, based on the activity risk assessment.	
I accept that it is my responsibility to ensure we are at the Centre by 5:00am on excursion days (unless another time is specified). I understand that the bus will not wait and I will need to make alternative care arrangements for my child/ren if we arrive late.	
I understand that I am required to sign my child in and out of the program each day. Written notification is required to allow another person to collect my child if they are not listed as an authorised contact.	
I understand that my children may be required to participate in activities that may be physically and emotionally demanding. My children's participation in any activity is non compulsory. COSHC staff will duly exercise their Duty of Care.	
I agree to support the centre in implementing the Sun Protection Policy by my child/ren wearing Sun-safe clothing with sleeves & collar, sun-safe hat and sports shoes & socks.	
I understand that all programs will continue in the event of inclement weather unless notified. I understand that should the scheduled venue need to change due to inclement weather, the back up venues COSHC will use are the Movies, Bowling and Sydney Aquarium/Wildlife World.	
I understand that COSHC will take no responsibility for lost property. This includes all electronic devices.	
I give permission for my child/ren to have their face painted and hair sprayed as part of the centre program throughout the holidays.	
Parent 1 Signature: _____ Date: _____ Parent 2 Signature: _____ Date: _____ Staff Signature: _____ Date Received: _____	



Tools for Parents

Richmond Community Services Inc. is pleased to be able to offer a **FREE** group with **FREE** childcare for parents/primary carers of children 0-12 years

Toddler Behaviour-Tactics for Parents

Parenting toddlers is often a frustrating and challenging time for many parents. In this workshop, parents will gain a greater understanding of this developmental stage, learn skills to cope and gain information to equip them for their parenting role. Topics covered will include:

- Developmental needs of toddlers
- Maintaining positivity in the home
- Strategies to reduce negative behaviours
- Power of distraction, praise & rewards
- Setting boundaries & consequences
- When to seek professional help
- Resources for further assistance

Wednesday 11th April 2018

10am-12.30pm

BOOKING ESSENTIAL! 02 4588 3555

Email: admin@rcsi.ngo.org.au

At: Richmond Neighbourhood Centre

20 West Market Street, Richmond, NSW 2753



FREE 2 WEEK SUPPORT WORKSHOP FOR DADS

Stress Management for Dads

With FREE CHILDCARE

Dads—Get some new tools for harnessing your responses to stress and frustration to help you wind down and enjoy your life more.

Richmond Community Services Inc. in partnership with Windsor Professional Centre are pleased to offer a **free 2 week support workshop** for dads to give them tools for harnessing their responses to stressful situations. This group over 2 sessions will assist Dads to strengthen their skills in:

- Effective emotional regulation
- Challenging negative thoughts
- Using Evidence Based approaches to stress management
- Balancing demands of parenting, work and self care needs

Will be held at

Richmond Neighbourhood Centre
20 West Market Street, Richmond

2 x Monday evenings

30th April and 7th May 2018

6.30-9pm

BOOKING ESSENTIAL!

Call 4588 3502 to book your place

or Email admin@rcsi.ngo.org.au



...making a difference...



FREE INTERACTIVE HOLIDAY WORKSHOP FOR PRIMARY SCHOOL CHILDREN AGED 5-8 YEARS

MY SPACE—OUR SPACE

SOCIALISATION SKILLS FOR PRIMARY SCHOOL KIDS



This free holiday workshop provides a fun learning experience for primary school aged children 5-8 years who have difficulties in socialising with peers. Through art activities making masks and playing theatre games led by experienced facilitators in the creative arts in a supported environment children will develop confidence, enhanced self-esteem and communication skills that will improve their relationships with others.

9.30am-12.30pm Tuesday 17th April 2018

At: Richmond Neighbourhood Centre

20 West Market St, Richmond NSW 2753

Call: 4588 3555 e: admin@rcsi.ngo.org.au

Places are limited so **BOOKING ESSENTIAL**



Richmond Community Services Inc. in partnership with Windsor Professional Centre is pleased to be able to offer a **FREE** group for parents/primary carers

Helping Teens with Risky Behaviours

This group is for parents under stress due to their teen engaging in risky behaviours including experimentation with drugs, unsafe sex and school refusal. The group will give parents support and ideas about how to address these issues and maintain their relationship with their teens through the difficulties into adulthood. The group will cover:

- Understanding the needs of teens
- How to use consequences/rewards effectively
- Communication styles and strategies to deal with difficulties
- Safe ways to de-escalate aggression and resolve conflict
- Addressing the risks to younger children in the home
- When to call in extra help—police, health and other services
- Looking after your needs as a parent

Weds 4th April 2018—6.30-9pm

BOOKING ESSENTIAL! 02 4588 3555

Email: admin@rcsi.ngo.org.au

At: Richmond Neighbourhood Centre

20 West Market Street, Richmond, NSW 2753

