Dear Parents, Boys and Girls

First Communion
This Saturday we are looking forward to many of our children receiving their First Holy Communion. The children and families have been working with the Parish to lead the children to an understanding of what they will experience. Of the seven sacraments in the Catholic Church that are available for us to receive, the Eucharist is the one that is ongoing in nourishing our faith.

The day I received my First Holy Communion at All Hallows Five Dock around half a century ago is one of the clearest in my early memories. On my recent trip to the East Coast of the United States I visited a number of churches of different denomination. While I always felt welcome in the various churches I was totally at home in the Catholic churches during Mass, whether it was in Brooklyn or the main Cathedral of New York. It seems the total humility of the life of Jesus brings us all together to celebrate both His suffering and His joy and is expressed both individually and collectively through receiving Jesus in the Eucharist.

Please pray for our children on Saturday.

School Values and Expectations
On Monday this week the students in Year 5 and 6 led their Student Support Groups session on our expectation that at St John Fisher we show respect by speaking appropriately and with manners. On the day I visited each of the groups and would like to congratulate our school leaders on their excellent preparation and the manner in which they led the children. Please join us in teaching the children what manners look like and having a high expectation of good manners. It is well worth the work.

St Vincent de Paul Christmas Appeal
On Monday I received a visit from our local St Vincent de Paul coordinator who invited us to share some of our gifts with those who are doing it very tough at the moment. While it is not always easy to reach out to people in need it is through people like Margaret that we are able to think beyond our immediate family needs and start to teach our children about sharing our gifts. We will work with Margaret to collect items that we will work into hampers that can bring nourishment to many families this Christmas. The items that she listed that will bring joy to families are listed below. Obviously it is not appropriate to send in items that are out of date. Please consider the following items while you are doing your shopping list and send them in with the children who will be collecting them in each classroom.

BASIC HAMPER LIST
- Christmas cake / mince pies
- tinned ham
- Christmas pudding
- Long life custard
- Long life milk
- 2 tinned vegetables
- tinned fruit
- tin of fish
- cordial or soft drink
- lollies
- sweet biscuits
- cracker biscuits
- tea / coffee
- snacks (chips etc)
- Optional extras
- Pasta/rice & sauce

Social Media
During this year the Catholic Schools Office has been working to refine policies regarding all aspects of privacy. One of the areas that have been discussed is the use of technology and social media. In regard to the use of technology while at the school, the students sign a list of expectations which outline appropriate use of technology in the school.

There is no access to social media at school and this is clearly an area monitored by parents and guardians when used at home. The school has no involvement in any aspects of social media.
We work with the children to promote positive relationships which allow all children to feel safe at school and learn in a productive environment. If your child is using social media please be sure to monitor your child’s accounts to ensure positive relationships are maintained and fostered.

**P&F Annual General Meeting**

On Tuesday night we had our P&F Annual General Meeting. I take this opportunity to say a huge thank you to all the members of the Leadership Team who have generously promoted the school this year.

After several years in a number of positions on the P&F Executive we say thank you to our P&F President Rebecca Blake. Both as Treasurer and as President, Rebecca has been a powerhouse of energy. She has initiated many projects as well as supported many of the newer parents, encouraging them to come along to an inclusive and welcoming P&F. On your behalf I thank Rebecca for her generous spirit. You have left a great legacy Rebecca. Thank you.

As I will be having the pleasure of spending the day with Kindergarten at the Reptile Park today I will bring you up to date with the results of the AGM next week.

**Kindergarten 2015**

Thank you again to Colleen Templeton for her leadership with the Play Group. The next two weeks will be the orientation sessions on Tuesdays 18th and 25th November from 9.30-11.00 as well as the new Parent Session on Tuesday 25th November at 7.30 pm in the LARC.

**New Gardens**

I offer a huge thank you to Jodie Hughes-Holland for her work in beautifying our front gardens. Jodie has transplanted a car load of plants from her home as well as made good use of many of the plants left from the Breen Family Plant Stall at the Fair. We will add a few more developed plants and in time I feel Jodie has transformed the front of our school. Thank you.

**End of Year Procedures**

With the end of year approaching fast we need to know in writing if you are looking to change schools next year. For registration purposes we need a written record including the school your child will be attending.

**God Bless**

Barry Shanley
Principal

**R.E. NEWS**

This Sunday will be the 33rd Sunday in Ordinary time in the Church Year A. The gospel at this weekend’s masses comes from Matthew. This gospel reading is commonly known as the parable of the talents. The message from this parable is that we must try to use all of our talents and gifts to the best of our abilities. That the more we put into our lives the more we will get out of our lives.

Perhaps Oscar Romero, former Catholic Bishop of San Salvador summed up this parable best when he said “In life, it is better to be more than to have more!”

**First Eucharist**

The First Eucharist Ceremonies will take place at St Cecilia’s Church on 15th November @ 2pm and St John Fisher 15th November @ 2pm. Congratulations to all those students who are making their First Eucharist.

Scot Frazer
Religious Education Coordinator

**FAMILY REGISTRATION FORMS**

Thank you to all the families that have sent in their forms. A reminder to those that have not returned theirs to please complete the form, sign and date it, and send in to the office **NO LATER THAN FRIDAY 21ST NOVEMBER**.

**AFTER SCHOOL SPORT WEDNESDAY 19TH NOVEMBER**

There will be NO after school sport on Wednesday 19th November. There will be a session on Wednesday 10th December to make up for the missed week.

Fruits and vegetables are high in vitamins, minerals and dietary fibre, as well as being rich in antioxidants. Research shows that people who eat adequate amounts of fruits and vegetables everyday can help prevent: Coronary heart disease, some forms of cancer, overweight and obesity, constipation, high blood pressure and blood cholesterol levels and help improve control of diabetes. Aim to eat fruit and vegetables everyday - the greater the variety, the better health benefits.

**WATER STATION**

We have received our water station and are just waiting for it to be installed, stayed tuned for further updates.

During this term we have been focussing on school values of Respect and Responsibility. Our “value focus” this week is “Keep your hands to yourself”; this is actively encouraged and discussed in class, at assemblies and through visuals around the school.

We ask that you talk to your children at home about these values and continue to encourage your children to adhere to them.

**EVERYONE GETS MAD**

Dylan’s story

“Hi Dylan. How was school today?” “All right,” says Dylan, but the way he throws his bag into the car says something different. Dylan gets into the car, roughly pulls off his jacket and manages to elbow his younger brother. “Can’t you be more careful Dylan?” his mother says.

No answer.

Later at home Dylan gets really angry when he finds a favourite toy missing from his shelf. Then when he is asked to turn off the television and help get things ready for dinner, he ignores his mother’s request. When she asks again, he storms off angrily into his bedroom and slams the door.


It’s easy to see that Dylan is pretty angry about something, but it’s hard to tell what it’s about. Did something happen at school? Is he worried about the soccer game coming up on the weekend?
Helping children learn to manage anger (content changes below)

Children's angry behaviour is often difficult to deal with because it stirs up feelings of anger and annoyance in others. It can also frustrate parents and carers when anger is used to push them away. If you were Dylan's mum how would you feel? Annoyed? Frustrated? Tense? Angry?

Everyone feels angry at times. Parents and carers can help children learn how to cope with anger in positive ways by teaching them to be aware of feelings, to find appropriate, safe ways to express them, and to identify and solve the problems or frustrations that lead to angry feelings.

KidsMatter Team

MERIT AWARDS

MRS BURDETT
Lauren L, Jess G, Elliza H and Josh S

MRS BURKE
Darcy M, Ella R, Connor A and Brae T

MS DICKSON
Lachlan G, Jack K, Samuel S, Halle B

MR EDWARDS
Lola T and Makayla D

MRS FOLEY
Harrison B, Cooper B, Shiloh T, Will F, Gabrielle N and Jessie F

MR FRAZER
April S, Elliana T and Lucy R

MR PERKINS
Jessica M, Aaron S, Lauren L, Joshua C, Dean H and Mitchell L

MR WELSH
Miles F and Sean P

CANTENE NEWS

I am about to do the Term 1, 2015 roster if anyone needs to make a change or would like to go on the roster please fill out the slip below and return to the school office ASAP.

CANTENE ROSTER

I ___________________________ am able to volunteer Monday / Wednesday / Friday (please circle).
My contact number is: __________________

CALENDAR 2014

NOVEMBER
14 Kindergarten Special Grade Mass
17 Mass Year 2
20 Scholastic Book Club Orders Due
21 Mass Year 1
21 FAMILY REGISTRATION FORMS DUE
24 Mass Year 4
25 Info Evening for 2015 Kinder Parents 7.30
28 Year 3 Special Grade Mass
28 Gingerbread House Evening 6.30pm

DECEMBER
1 Mass Kindergarten
5 Swimming Carnival
5 Mass Year 5
8 End of Year Celebration at 6pm
8 Mass Year 1
12 End of Year Mass - Whole School
15 Year 6 Graduation and Mass
17 Last Day of School

JANUARY
29 Years 1-6 students return to school

2 FEBRUARY
1st day for Kindergarten students

WYONG PARISH MASS TIMES

St Cecilia’s Daily Mass: Mon–Sat 8am
Weekend Masses: Sat Vigil 5pm, Sun 7.30am & 9.30am
Reconciliation: St Cecilia’s: Sat 8.30am & 4.30pm

St John Fisher: Daily Mass: Mon & Fri 9.15am Tues, Wed & Thurs 8am
Sunday Masses: Sat Vigil: 5pm, Sunday 8.30am & 5pm (6pm DST)
Reconciliation: St John Fisher: Sat 4.30pm

© St John Fisher Catholic School, Tumbi Umbi
Material in the newsletter is not to be reproduced without the permission of the School Principal.