Loving God, have mercy on all your people. Keep us close to your heart. We ask this through Christ our Lord. Amen.

Dear Parents, Boys and Girls,

Take time to Rest
At a recent Monday morning Mass Fr Vlad talked to the children about the creation of the World and how after all things were made God created humans and on the 7th day rested so God and us could spend time together appreciating creation.

Having the pleasure of having been on this earth for quite some time, I remember clearly when the only business open on a Sunday was the Newsagent which sold the Sunday papers and was closed by 10.00 am. We survived.

At our weekly Professional Learning meeting yesterday afternoon we began a process of reflection on our Pastoral Care Policy and Procedures. One of the frustrations of the teachers is the amount of time students are away from school and also the number of students that turn up on Monday morning tired and lethargic. For some students they have had a weekend so jam-packed with sport and activities that they come to school for a rest.

To work with us to get the very best out of the children at school please reflect on how your children are coming to school and the amount of activities that they are involved in over a week. It is easy to fall into the trap of thinking that good parenting is judged by the amount of activities your children are doing. They need time to relax and amuse themselves.

Another interesting reflection came from our Director of Schools, Mr Peter Hamill, who sat in on our meeting as part of his planned visit to each school. He had been reading some research on the negative effect of the extended time that children spend in front of screens. Primary aged students definitely need structures around the use of the various screen based technology they are using. It is highly recommended that all technology is not available in bedrooms, especially around bedtime and through the night. There is no better method of preparing your children for a good night sleep then reading to them and sharing a prayer such as the Examen.

Sports Update
Good luck to our Rugby Team this Thursday and to the children representing us at the Combined Athletics Carnival on Friday.

Staff Development Day
As we have been stating there is a Staff Development Day on the Friday of week 4 which is the 8th August. This will deal with deepening our knowledge of the new English Syllabus and Mathematics Syllabus.

P&F Update – Mingara Club Grants
Rebecca Blake and I were very pleased to be among the Club Grant recipients at the Mingara Recreation Club last Thursday to receive a cheque for $2,500. Our grant application was entitled Reading at Home – Reading for Life and will involve us working with Central Coast Book Supplies to purchase new home readers for the students. It was particularly rewarding to receive our cheque from one of our parents, Mrs Angela Lanser in her role at Mingara.

As we listened to a summary of the application from the many recipients, both Rebecca and I were blown away by the work of so many volunteer agencies who work tirelessly for the needy in our community. It was a truly humbling experience and I thank Mingara both for our assistance as well as the assistance they provide for the community.

Mini Working Bee – 2nd August
We have had a bobcat spread mulch into piles in our front gardens. If there are any parents who are available this Saturday morning, 2nd August, between 9.00 - 11.00 am to spread the mulch, Mr Ceney and I will be here and would love a hand. Bring along a rake and shovel and we will point you in the right direction.

Diocesan Parent Council
Tonight we will be hosting the Cluster meeting for the DPC. Thank you to Colleen Smith for her role as Coordinator and
the other P&F members who will be attending. It is great to have St John Fisher actively involved in this positive group.

God Bless

Barry Shanley
Principal

RELIGIOUS EDUCATION NEWS
This coming Sunday will be the eighteenth Sunday in the church Year A. Matthew’s Sunday Gospel tells the wonderful story of Jesus feeding the 5,000 with only a few loaves and some fish. Jesus not only manages to feed this large crowd but has over 12 basketfuls in leftovers! The message of this story is simple but so important. If you turn and believe in Jesus you will receive more than you could ever need!

St. Mary of the Cross (Mary MacKillop)
The students from St. John Fisher will mark Mary Mackillop’s feast day with a short liturgy on Monday the 4th August at 8:50am at the Monday morning assembly.

Assumption of the Virgin Mary Mass
The students from St. John Fisher will be celebrating the Assumption of the Virgin Mary Mass on Friday the 15th August at 9:15am. At this Mass we will also be acknowledging and celebrating the important role that grandparents play in our lives.

Praying the Examen
Each Tuesday straight after lunch the students from our school participate in a special prayer called the Examen. This prayer serves two main purposes. Firstly it inspires the students to reflect upon their daily lives and to thank God for all the blessings that they have in their lives. Secondly it encourages students to ask for God’s help with areas that they can improve upon or are worried about.

Please note the Year Mass which was planned for Friday 22nd August will be postponed to a date in Term 4 due to the Book Parade and Fun Day.

Scot Frazer
Religious Education Coordinator

LARC NEWS
Stay Connected! Book Week is fast approaching! Here are some dates for your diary!

Friday, 15th August: Children's Book of the Year Awards announced
18th – 22nd August: Book Week - The theme is “Connect to Reading” Tuesday;
19th August: “The Reading Hour” Drop everything and read 6.00 - 7.00pm.
Friday, 22nd August: Children’s Dress up as a Book character day! The Book Parade will take place at 9.00am in the school hall.

THE READING HOUR
Put Tuesday 19th August 6-7pm in your diaries and stay tuned for updates on events, competitions and how your family, business, school or library can help us celebrate the importance of reading again this year.

The Reading Hour initiative reminds parents and caregivers that reading together doesn’t have to be a massive undertaking in their busy lives, and that sharing a book with a child for 10 minutes a day - or just over an hour a week - will still give that child the best chance of becoming a good reader later in life, along with all the social and educational benefits it brings. http://www.readinghour.org.au/

Happy Reading,
Christine Higgins (Teacher Librarian)

COMPUTER SKILLS ICAS RESULTS
The first of the International Competitions and Assessments for Schools (ICAS) results have arrived. Twenty four students from Year 3 to 6 accepted the ICAS challenge. The questions covered a wide range of computer skills and required some advanced knowledge and problem solving skills.

It is my pleasure to inform you that our students have performed at high levels on this test. These are the first of a series of results I will be sharing over the next few months.

Well done to the following students who will be receiving participation certificates at next Monday morning’s assembly: Hayden P, Hayden S and Darcy W.

Merit certificates will be presented to Paul S, Makayla P and Annelise B.

The following children will be receiving Credit for performing among the top 20% of local and international entries: Joseph B and Declan B

Particular congratulations to Oscar Whitwell who has been awarded a Distinction for placing in the top six percent of Year 4 participants - a brilliant achievement!

Chris Burns

How parents and carers can get connected to the school
- Make contact with your child’s teacher and keep in touch. Ask for help if you don’t understand something.
- Check for notices that are sent home and keep informed about school activities through the school newsletter.
- Attend information sessions and social activities at the school whenever you can.
- Make contact with other parents and carers at your school: perhaps meet up informally with parents or carers of other children in your child’s class, find out about parent social groups that meet at or near the school, or join a parent committee.
- Take an interest in the school P & F and consider joining it if you have the time and skills.

On our school website you will find a course schedule that is being offered by Catholic Care here on the coast for parents and carers during terms 3 and 4.
P&F

PARENTS & FRIENDS MEETING - 5TH AUGUST
Everyone is welcome to this terms meeting next Tuesday night 5th August 7.30pm in LARC. Please feel free to come along and find out what’s happening in our community. Hope to see you there.

Rebecca Blake, SJF P&F President

SJF SCHOOL FAIR
Have you visited our Facebook page? Take a look at St John Fisher Fair and "LIKE" us.

ENTERTAINMENT BOOK - FREE TRIAL
We are excited to offer the opportunity to trial the Entertainment Book Digital Membership for FREE! To sign up for the FREE trial, just type in:

You will then be able to enjoy 25-50% off at your favourite restaurants, activities and attractions, hotels, travel, shopping and much, much more! Simply show your smartphone to redeem your vouchers. At the end of your free trial you will have the option to purchase the Entertainment Book Digital Membership for just $60. Hurry, you only have until 6th August to take advantage of this FREE trial and numbers are extremely limited, so don’t miss out, sign-up today!

GRANDPARENTS DAY
A celebration for Grandparents Day is being held at the school on Friday 15th August. The morning will begin with a special mass at 9.15am, followed by a visit to the classrooms, a performance of Wakakirri and morning tea. Please invite your family’s Grandparents along and return the invite sent out in last week’s newsletter or complete the below slip. We will also need a few helpers to prepare morning tea on the day. If you are able to help, please complete the below RSVP and return by 11 August.

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YES, we will be attending GRANDPARENTS DAY
Name: ___________________________________
Number attending: _________ Child’s Class: ___________________

YES, I can help prepare morning tea for Grandparents Day on the 15th August.
Name: ___________________________________
Child’s Class: ________ Mobile Number: ___________________

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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

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