

St Agnes Catholic High School

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SCHOOL WEBSITE: www.stagnesrootyhill.catholic.edu.au

Follow us on FACEBOOK: StAgnesRootyHill

to truth through love

Diary Dates

11 May

Year 9 Passover Demonstration

12-15 May NAPLAN Tests

18-22 May Year 8-10 Exams

26 May

Loyola Trade Centre Information Night 5pm

29 May

Year 8 Reflection Day Stage 5 Music excursion

8 June

Queens Birthday

10 June

Year 8 Music Fretwork incursion

15 June

Year 8 Science Incursion Year 7 Drumming Incursion

16 June

Year 8 Science Incursion Year 7 RE Excursion

17 June

Year 8 Science Incursion

18 June

Year 10 Careers Expo

8 May 2015

Dear Parents and Students.

As we approach this time of the year we take a moment to celebrate the wonderful contribution our Mothers have made to our families and ourselves.

"I'd like to be an ideal mother, but I'm too busy raising my Children." Author unknown. Even though this might be the situation for you, make sure that on Mothers' Day you are not too busy to take time to rejoice in yourself, because: "Happy Mothers' Day means more than have a happy day. Within these words lie lots of things we never get to say.

It means, I love you, first of all, then thanks for all you do. It means you mean a lot to me and that I honour you." Nicholas Jordan.

For many years now, psychologists have been saying that the bonding of a baby with its mother in the first few minutes of life is vital for the stability of the newborn child. The mother-infant bond is an intense relationship of unparalleled human affection. It is the foundation of the child's emotional and physical survival. No wonder the saying: "Mothers hold their children's hands for a short time but their hearts forever" and no wonder the Chinese proverb states "There is only one pretty child in the world and every mother owns it."

There are many ways to answer the question, "What is Motherhood?" and one of those ways might be that Motherhood means sharing in the creative power of God. Conceiving, carrying and giving birth to a human being, is as close as any person can get to the act of creation. This is the beginning of Motherhood but it is far from the end. Motherhood is also about nurturing, sacrificing, loving and, ultimately, letting go.

Jesus' mother, Mary, experienced all the above and had the added drama of losing her son for three days. Eventually, she and Joseph found Jesus in the Temple having a discussion with a group of Rabbis. When Mary rebuked Jesus for "treating us this way", Jesus informed her that the Temple was the first place she should have looked: "Did you not know that I must be about the things of my Father?"

Poor Mary! Besides being embarrassed for Joseph, she probably found it hard to accept that Jesus was growing up with a mind of his own and his own sense of how his Father was leading him. Mary was caught up in the tension of fulfilling the daily responsibilities of her

role of mother and parenting the Son of God. All mothers are caught up in the world of tension as they try to be all things to their children.

Jan Chrouchin, a Baptist Minister, has these thoughts to share in her "Mothers' Day Creed":

"I believe in Jesus Christ, the Son of the living God, who was born of the promise to a virgin named Mary.

I believe in the love Mary gave her Son that caused her to follow him in his ministry and stand by his cross as he died.



CHRIS CATHOLIC COLLEGE COMMUNITY OF SCHOOL

St Agnes
Catholic High School
Evans Road
Rooty Hill
Ph: 02 8882 0700

Fax: 02 8882 0790

St Clare's
Catholic High School
175 Buckwell Drive
Hassall Grove
Ph: 02 9835 2466
Fax: 02 9835 2539

Loyola Senior High School 91 North Parade Mt Druitt Ph: 02 9832 4455

Fax: 02 9832 1839

I believe in the love of all mothers and its importance in the lives of the children they bear.

It is stronger than steel, softer than down, and more resilient than a green sapling on a hillside.

It closes wounds, melts disappointments, and enables the weakest child to stand tall in the fields of adversity.

Thank God for mothers and thank mothers for helping us to understand an all-loving God."

Happy Mothers' Day Happy Grandmothers' Day

Just over one week ago our community experienced devastating thunderstorms that has left many families in difficult situations with damage to homes and possessions. At St Agnes we did not escape the damage and we have been left with classroom ceilings collapsed, staff room damage, carpets ruined and water in many rooms. As a result our insurance estimation for repair is approaching the \$1 million mark.

In all of this and the many disruptions, we as a community "pull together" to ensure our teaching and learning is maintained to the highest of possible standards. I would like to thank publicly the cooperation of our student community and our staff who have assisted in coping with the difficulties that have been imposed. Below are a number of photographs illustrating the damage that has been experienced.

If you have an opportunity please visit our website where you can see the impact of the storm on our site

Peter Brogan Principal

a diverse community learning together

From the Assistant Principal, Mr Peter Regan

Student Achievements

There are a number of students who are doing wonderful things in and around the school or are involved in activities outside of school. We would like to acknowledge the many varied talents of our students to our community through regular newsletter items. I encourage you to send me details of these achievements.

Travel to and from School

As we travel to and from school we need to be mindful of our surroundings and safety of all members of our community. I have included a few tips to remember as we commute between home and school.

- Stay alert and keep iPods turned off so you can hear what's going on around you
- Make sure that you never walk away from parents, friends without telling them first
- Avoid talking to people you don't know, especially when parents are not around.
- If you think someone is following you, cross the road or go to a place with lots of people around, like a bus stop or shop.
- When travelling by bus, try to use bus stops on busy roads.
- Keep mobile phones and other valuables out of sight.
- Encourage your child to speak up if they feel they might be in danger

Picking up and dropping off students before and after school

I would like to remind parents that double parking, anywhere, is against the law but more particularly very dangerous within a school zone. It is important that parents and visitors to the school follow the road rules regardless of how inconvenient this could be at times. Everyone's cooperation on this matter would be greatly appreciated.

As you would be aware, our site is extremely busy. Parents are asked not to drop off or pick up their children in the car park from 7.40 am to 3.00 pm. We close the gate before and after school, as it is a safety risk at the top of the driveway when parents are reversing, and students are walking behind cars.

Communication

It is very important for all parents/guardians to be involved with their child's learning. You may have a question or a query regarding homework, attendance, motivation, or study techniques just to name a few areas. If you would like any information regarding your child's education, you can send a message in your childs diary or call the school office during school hours.

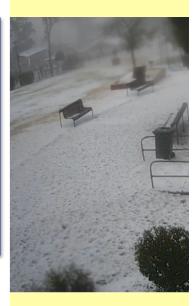
Uniform

Students must prepare for this term by wearing the full winter school uniform, adhering to school policy around haircuts/colours and jewelry and MOST OF ALL BE READY TO LEARN. Please remember to label all student belongings. There is a large amount of unclaimed and unlabeled clothing in Lost Property, including sports jackets, blazers, jumpers and umbrellas. If you have lost an item of clothing please claim them as soon as possible.

My details are pregan@parra.catholic.edu.au or call on 88820701 anytime.

Thank you for your continued support.

Peter Regan







From the Acting Religious Education Coordinator, Mr Patrick Madigan

St Agnes is a Catholic secondary high school that takes great pride in our Franciscan heritage. The school's major aim is to provide students with an education that is not only Catholic but also distinctively Franciscan. As a faith community we live out the Gospel values in how we teach, communicate with others, and embrace those who are most in need amongst the wider community. We as a school are endeavoring to embed a strong emphasis on the Franciscan Charism, as relayed to us by the Friars Minor guided by St Francis of Assisi.

St Agnes places great emphasis on the value of each individual and aims to provide an education, which is both relevant and personal. As a school community we have a focus on recognizing and rewarding achievement, effort and excellence and ensure all students have an equal opportunity to develop to their full potential. This is guided by the work of Saint Mary of the Cross Mackillop, whose mission statement was "never see a need, without doing something about it". We at St Agnes constantly strive to achieve and do more for those who are less fortunate than we are.

Sacramental Program

This week marked the beginning of our sacramental program. This program, facilitated by Mrs Habib, will guide candidates along the path to Christian initiation and their fulfillment of the Rite of Christian Initiation, to become one with God, and to live out the mission of his Son, our savior Jesus Christ.

Thank you Mrs. Habib for giving of your time and guiding these candidates on their spiritual journey to become initiated into the Christian faith. We at St Agnes, wish all those participating all the very best as you commence your personal and spiritual journey into the Christian faith. This program will continue each Tuesday from 2:30-3:30 in the Chappotin Building.

Upcoming events in Religious Education held in the San Damiano Centre:

11th May - Year 9 'Shabbat' incursion 22nd May - Pentecost Liturgy in 29th May - Year 8 Reflection Day

As part of their Inter-Faith study, next Monday, students of Year 9 will have the opportunity to participate in their upcoming incursion based on the Jewish practice of Shabbat. This is the first opportunity that students have of obtaining a new perspective into another faith practice. This event will build upon student's prior knowledge and understanding of Judaism and also deepen their understanding of the links between Judaism and Christianity. Shabbat is the most important ritual observance in Judaism. It is the only ritual observance instituted by the Commandments. Shabbat is primarily a day of rest and spiritual enrichment. The word 'Shabbat' itself comes from the meaning to cease, to end, or to rest. Students will be able to learn about Shabbat but also experience the sacred ritual of 'Seder' and to witness the significance of this ritual to the Jewish community. Reflections upon this event, as well as images, will be evident in the next newsletter as well as the schools website.

Mothers Day - 10th May

Although gifting our mothers as a note of thanks for their devoted love is quite appreciable. We will realise like many others that each and every day ought to be a Mother's Day. They are relentlessly performing their duty towards ensuring and working towards the well-being of their children day-in and day-out, without fail, and without break. So over this weekend, especially Sunday lets us be more sensitive and grateful for this fact and thank them every moment of our lives, for the sacrifice that they have been performing for us.

A Mothers' Day Prayer

I thank you God for my mother.

I thank you that she gave me life and nurtured me all those years. She gave me my faith, helping me to know you and to know Jesus and his ways. She taught me how to love and how to sacrifice for others. She taught me that it was okay to cry and that I should always tell the truth.

Bless her with the graces she needs and which you want to give her today. Help her to feel precious in your eyes today and to know that I love her. Give her strength and courage, compassion and peace.

Bless her this day with your love.



From the Teaching & Learning Coordinator, Mr Laurence De Martin

Term 2 is an extremely busy time in the schools academic calendar. All students are completing assessments in all subject areas prior to the issuing of Semester One reports, which will be in the last week of term.

The Examination Timetable is now available on Moodle, as well as the school website. Exams will take place in Week 5, between 18th- 22nd May. In addition, Years 7 & 9 students will be sitting for their NAPLAN examinations between 12th - 14th May.

I remind all students of their responsibilities when it comes to the completion of assessment tasks. These responsibilities are outlined in the Assessment Handbooks and should be referred to if unsure.

Below are some strategies to use when revising for each subject:

- Create a revision timetable. Budget your time wisely to ensure that you cover all the topics in the exam.
- Schedule short revision times rather than one lengthy session; this helps with concentration.
- Assign specific segments of work to each revision time.
- Alternate harder tasks with easier ones.
- If you need help, ask someone who is good at the subject. Friends, family, and teachers are all good
- Combine different study activities in each study session.
- Set realistic limits on the amount of study that you do.
- Allow regular breaks for rest and relaxation.
- Make sure that your study space is available when you need it (and is free from unnecessary distractions).
- If you lose concentration, stop studying and do something else, but before you stop decide when your next study session will be and what you will study.

Good planning and effective preparation will mean that you will not need any last minute cramming efforts. Cramming the night before is proven to be ineffective, because you are taking in so much information at once that it is impossible to memorise it all.

For your reference, below is the Years 7-10 Term 2 Examination Timetable.

Years 7-10 Term 2 Examination Block: Monday 18 ¹¹ May - Friday 22 ¹⁴ May 2015: SDC							
Session	Monday	Tuesday		Wednesday	Thursday	Friday	
	Day 1 - 18 th May	Day 2 - 19 th May		Day 3 - 20 th May	Day 4 - 21 st May	Day 5 - 22 nd May	
Periods 1/2	Year 8 English	Year 8 Maths		Year 10 Maths (in normal classes) Year 9 Science	Years 9/10 Commerce 100 & 200 Hours	Year 10 Geography	
Students to go to normal Period 2 lesson at the completion of the exam							
Periods 3/4	Year 9 Geography Year 10 Religion			Years 9/10 History Elective 100 Hours (in normal class) Year 8 Religion	Year 10 Science	Year 9 Maths (in normal classes) Year 8 Science	
Students to go to normal Period 4 lesson at the completion of the exam							
Period 5			Year 7 Science	Catch Up Exam Time		Catch Up Exam Time	

Examination guidelines are available on the website or on Moddle.

I wish all students the very best in their upcoming assessments.

NAPLAN Examinations for students in Years 7 and 9

The National Assessment Program - Literacy and Numeracy (NAPLAN) is an annual assessment for students in Years 3, 5, 7 and 9. The assessments are undertaken nationwide, every year, and in 2015 will be conducted on May 12, 13 and 14, at school. On May 15, catch-up tests will take place for students in Years 7 and 9 who missed any tests on May 12, 13, or 14.

NAPLAN is made up of tests in the four areas (or 'domains') of: reading, writing, language conventions (spelling, grammar and punctuation) and numeracy. NAPLAN tests skills that are developed over time through the school curriculum.

Sample NAPLAN Tests are available from the following link: http://www.nap.edu.au/naplan/the-tests/the-tests.html.

There are five tests including two tests in numeracy - a calculator allowed test and a non-calculator test. Please ensure that your child has a working calculator for the examinations.

The NAPLAN test results and the student reports are released in August/September.

Further information is available from the following web links:

http://www.acara.edu.au/verve/_resources/Acara_NAPLAN_Infographic.pdf

http://www.nap.edu.au/naplan/naplan.html

http://www.nap.edu.au/verve/_resources/NAPLAN_2015_Parent_information_brochure_web.pdf

Examination timetable - Normal lessons will continue after these exams

	Tuesday 12 May	Wednesday 13 May	Thursday 14 May
Year 7	8.25am - 9.10am	8.30am - 9.35am	8.25am - 9.05am
	Language Conventions 45mins	Reading 65mins	Numeracy Calculator 40mins
	9.40am - 1.20am		9.35am - 10.15am
	Writing 40mins		Numeracy Non-Calculator 40mins
Year 9	11am - 11.50am	11.00am - 12.05pm	12.00pm - 12.40pm
	Language Conventions 45mins	Reading 65mins	Numeracy Non-Calculator 40mins
	12.20pm - 1.00pm - Writing 40mins		

If you require any further information on NAPLAN, please do not hesitate to contact me on 8882 0713.

Laurence De Martin Teaching & Learning Coordinator





CAPTIVATE is inviting primary and secondary students in the Diocese of Parramatta to showcase their talents at CAPTIVATE's Talent Masterclass

Are you a dancer, musician or actor?

Students will gain valuable feedback and mentoring from entertainment industry professionals.

Auditions: Wednesday 22 July and Friday 24 July Performance: Thursday 13 August Contact: Jennifer Doran or Sue Atkinson

Tel: 02 98405649

PDSSSC Cross Country Carnival

The following students represented St Agnes at the PDSSSC Cross Country Carnival on Tuesday 5^{th} May 2015 at Sydney Motorsport Park, Eastern Creek.

The first 6 placed runners from this competition go on to represent the Parramatta Diocese at the NSWCCC Carnival at Sydney Motor Sport Park, Eastern Creek on Friday 12^{th} June 2015.

Congratulations to all runners but particularly to Dante Soares who will represent St Agnes at the NSWCCC Carnival. Good luck Dante.

Rithick Naiker, Michael Roumi, Dante Soares, Pukal Gnanalingam, Tong Dimo, Medhane Beyene, Hasib Ghairat, Cameron Brooke, Bailey Raymond, Martin Galang, Lilly Thomas, Adut Akok, Ebonie Loudoun, Jasmine Thomas, Giwangallani Williams, Brianna Raymond, Kristy Goodwin, Guillian Leonardo





St Agnes Choir Performance

Our choir performed the Australian and Dharug National Anthem at the PDSSSC Cross Country Carnival Opening Ceremony.

Congratulations to Angel Asiata, Renee Obedoza, Theresa Toomalatai, Maria Vaegaau, Monica Vave, Gwinangallani Williams, Winyinnar Williams and Patryca Wolniewicz

To listen to their performance click here.

Australian Music Performances

Elective Music Assessment Tasks

Elective Music students have been studying Music of a Culture during Term 1. They were asked to research and present a feature article on the country, culture and music. Below are two samples of student works.

Brianna Raymond chose Brazil, Samba - Taking the World by Storm, as her country and Martin Mangahas chose Spain, Flamingo Art of Flamenco, as his country.

Jeunelle Juarez Music Teacher



Samba - Taking the World By Storm

Brazil is a nation full of celebration, excitement and bright colours, and its music effectively reflects this nature. There has been a lot of room for different types of Brazilian music and sounds to develop, as Brazil is the fifth largest country in the world, its mass being larger than the U.S. Despite this, many people are still not aware of these types of music that originated from Brazil.

The Portuguese arrived in Brazil in 1500, hoping to forge a society by making the Brazilians slaves, but what they found was that the Brazilian people were not willing, and so the Portuguese had to come up with an alternative.

Read the rest of Briannas report at http://bit.ly/BriannasReport

SPANISH MUSIC

Flaming art of the Flamenco

Spain is a country located in Western Europe. It is surrounded by the Atlantic Sea to the north west and the Mediterranean Sea to the south east. It shares its borders with France, Andorra and Portugal. Its history of early Muslim rule and its conquests of various lands throughout the world (eg. Mexico, USA, most of South America and the Philippines) expanded and greatly influenced Spanish culture, whether it be in terms of clothing, customs, traditions, art, dance and significantly, music. This distinct culturally style of the Spaniards or Español, as they call themselves, differentiates them from their European counterparts and also the rest of the world.







What is the flamenco?

The flamenco is a subculture of Spanish culture. It originated from the Andalusian region of Spain. Throughout the early history of Spain, notable cities in Andalusia, such as Seville, Malaga and Granada, became melting



pots of cultures due to the presence of Arabs, Jews, and gypsies. After the Christian conquest of Spain, the former three groups were expelled or thrown out of towns and cities. Therefore, throughout most of its history, flamenco was considered as the music and dance of those on the edge of society. Early flamenco music originated from the simple palo secos, chants sung in a

cappella or with a simple beat done on hard wooden board or with the hands. These were usually sung by workers, gypsies and Jews. Early musical instruments such as the bandurria accompanied these songs. These, cante gitano, or gypsy music was usually played in gypsy gatherings and rituals.

Catholic School Debating Competition 2015

For good ideas and true innovation, you need human interaction, conflict argument and debate

Margaret Heffernan

The annual Catholic Schools Debating Competition began with flying colours. St Agnes is one of many schools involved in the Catholic Schools Debating Competition for both juniors, 7-10 students, and seniors, 11 and 12 students.

Groups of four students argue for or against a particular topic, which remains unknown to students until the night of the debate. The topics range from something as simple as animals to more complex themes like politics. Once the round of debating has started, the question is revealed, and the teams have one hour to come up with a plan of attack to win the debate.

St Agnes hosted the debating events on Friday, 24^{th} April and Friday, 8^{th} May. The debate on the 24^{th} April was against St Dominic's College and the topic was "Outer Space". All of St Agnes' teams assumed the negative side. St Agnes triumphed, winning all four debates.

The debate on 1^{st} May was held at Our Lady of Mercy College, Parramatta and resulted in Year 7 and 8 winning their debates.

Round Four will be held on home ground tonight against Nagle College. It is unknown whether Year 7 can carry out their undefeated reign this year, however, all effort from our teams, their bravery for doing something most people wouldn't do and their enthusiasm every night, is to be commended.

Good luck to the St Agnes Debating teams.

The Digital Media Communication Team

Year 7 Team



Year 8 Team



Year 9 Team



Year 10Team



Loyola Senior High School & Trade Training Centre 2016 Information Night

Tuesday 26 May 2015 from 5pm.

Explore your options for Year 11, 2016:

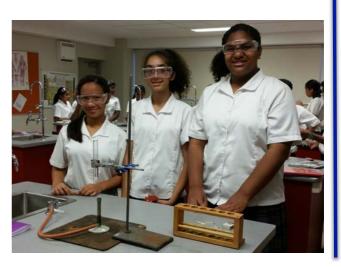
- Presentation from the Principal: what makes Loyola unique?
- Subject Expo: presentations and demonstrations from staff and students about ALL courses and options at Loyola
- Trade Training Centre staff available to inform and advise
- University Academic Advisor and representatives from a range of universities available to inform and advise
- Careers Advisor available for advice

For more details call: Senior High School on: 9832 4455 or the Trade Training Centre on: 9407 7081

Young Scientists!

Year 7 students from A3 were given the question, "Does surface area affect the rate at which water boils?" The students then had to draw on their scientific knowledge to devise a way in which they could test this question in the school laboratories.

Students in year 7 Science have been learning about general science, including how to effectively plan and execute valid and reliable experiments as well as the different types of laboratory equipment and their uses. The class had to individually write up their own ideas of an experiment to test the question.





They were only given a basic method from their classroom teacher, which involved using a test tube and beaker as independent variables. The students demonstrated extensive knowledge and understanding of independent, dependent and controlled variables, which was evident in their strict testing procedures to be able to answer the topic question.

Tyroll Jamac was one of the students who proved to take his method of testing to an extremely high standard, suggesting that results were not valid unless we use a retort stand when testing the test tubes boiling times, because a retort stand will ensure the test tube is held at the same height for each trial.

All students in the class should be congratulated on their scientific approach they took to this challenge with many students thinking outside 'the box' to ensure their results and conclusions were reliable and valid.

Well done, A3!

Vijay Krishna Science Teacher



SCHOOL FEES

Parents should receive their statements by the end of next week for Term 2 fees.

Term 2 fees are due on 25 May 2015.

Parents wishing to make a payment plan or are in financial difficulty are asked to contact the Business Manager, Mrs Kelly Pickett on 8882 0702 or Lorraine Bailey on 8882 0706











8A3 Religion

Holy Family Primary School, Luddenham 25th Anniversary Mass & Morning Tea

Friday 12th June 9.15am in the Church Followed by Morning Tea in the School Hall

RSVP - 22nd May to Marie, Monica or Despina in the School Office

For further information contact the School Office on 4773 4485 Email - Luddenham@parra.catholic.edu.au



Registrations - https://v

Presented by Blacktown City Libraries, Marist Youth Care and COM4Unity, these workshops are ideal for 15 - 18 year olds who have had little or no experience looking for casual work.

For more information contact Library Youth Development Office Anna.Wondracz@blacktown.nsw.aov.au







Skoolbag is a mobile App for your school to communicate directly to both parents and students. It works through both smart phones and smart devices (such as iPads and Android Tablets). Ideal for:

- > School, free push notification alerts
- > School events
- School newsletters
- School documents
- > School RSS feeds
- School social media (Facebook, Twitter)

Skoolbag delivers school notices directly to



How To Install Skoolbag On Your Smartphone

iPhone Users

Simply search for your school name in the App Store on your phone, PC or Mac, and install.

After the app is installed on your phone, make sure that you select "OK" to allow push notifications. Also click on "more" then "Setup" and select which categories you would like to receive push notifications for.







Android Users

Simply search for your school name in the Google Play Store on your phone, PC or Mac, and install.

After the app is installed click on "more" then "Setup" and select which categories you would like to receive push notifications for.





Don't forget to like us on Facebook! Like Find out more at www.skoolbag.com.au





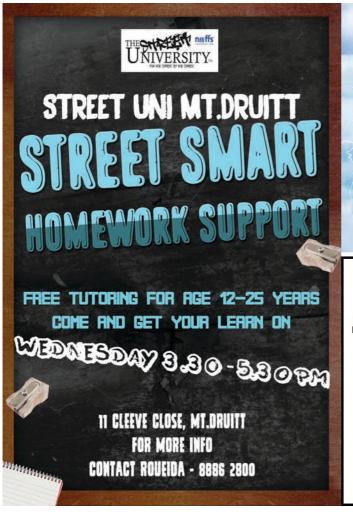
Five Star Shuttles

Transfers Made Easy

Airport & Cruise Transfers

Contact Tony Saba 0404 390 620

www.fivestarshuttles.com





COME & JOIN WESTERN SYDNEY'S FIRST EVER YOUTH GIRLS FOOTBALL COMPETITION!

Starting Friday 8th May under lights at Blacktown International Sportspark, there is a brand new competition just for girls aged 16 and under. All girls are invited to join in, no matter your experience of playing AFL. It all starts with a 4 week pre-season training program where you will learn the skills of AFL.

This is a great opportunity for all girls aged 16 & under to try AFL!

All players who come down and play will receive a free training singlet!

DATE: Starts Friday 8th May **TIME**: 6.30pm **VENUE:** Blacktown International Sportspark, Eastern Rd, Rooty Hill

To register please visit https://www.surveymonkey.com/s/gwsyouthgirls
or for more information contact John Dwyer on
wordension for more information contact John Dwyer on womensfootballcoordinator@wsgiantsjuniors.net

OUR PARISH SCHOOLS

St Aidan's Primary

1-5 Adelaide Street Rooty Hill

Ph: 02 9625 3181 Fax: 02 9625 5612

Sacred Heart Primary

23 Nelson Street Mt Druitt South Ph: 02 9625 8733 Fax: 02 9832 2258

Holy Family Primary

Weber Crescent Emerton

Ph: 02 9628 9232 Fax: 02 9628 9589

St John Vianney's Primary

17 Cameron Street
Doonside

Ph: 02 9831 1817 Fax: 02 9831 6430

a diverse community learning together

From the Counsellor – Mrs Suzan Boulattouf

Tuning in to Kids - Emotionally Intelligent Parenting

Health

Nepean Blue Mountains

A 6 session parenting program for parents of children aged 3-12 years Would you like to learn how to:

- · be better at talking with your child?
- · be better at understanding your child?
- · help your child learn to manage their emotions?
- · help to prevent behaviour problems in your child?
- · teach your child to deal with conflict?

Tuning in to Kids shows you how to help your child develop *emotional intelligence*. Children with higher emotional intelligence:

- · have greater success with making and keeping friends
- · have better concentration at school
- · are more able to calm down when upset or angry
- · tend to have fewer childhood illnesses.

Where: North St Marys Neighbourhood Centre, Cnr Debrincat Avenue and Oleander Road,

Nth St Marys

When: 6 weeks on Tuesdays, starting 28 July 2015 Time: 10:30am-12:30pm

Cost: Free

Register by contacting The Central Referral Service on 1800 222 608



7 STEPS 10 GOOD DIGITAL PARENTING



TALK WITH YOUR KIDS

- Stay calm
- Talk early and often
- · Be open and direct



EDUCATE YOURSELF

- · Search online for anything you don't understand
- Try out the apps, games, and sites yourself
- Explore the GDP tips and resources



USE PARENTAL CONTROLS

- · Activate the safety settings in your operating system, search engine, and games
- Use the parental controls on your children's phones, tablets, and game consoles
- Monitor your kids' use and their screen time



SET GROUND RULES AND APPLY SANCTIONS

- Agree and sign a family safety contract
 - Set time and place limits for their tech use
- Enforce sanctions when necessary



FRIEND AND FOLLOW BUT DON'T STALK

- Friend your kids on social media
- Respect their online space and don't over do it
- Encourage your kids to create a good digital reputation



EXPLORE, SHARE, AND CELEBRATE

- Go online with your kids and explore their online world
- Take advantage of new ways of communicating
- · Learn from them and have fun



BE A GOOD DIGITAL ROLE MODEL

- Curb your own bad digital habits
 - Know when to unplug
- Show your kids how to collaborate and create online



fosi.org/parenting

OUR PARISHES

St Aidan's 9 Adelaide Street Rooty Hill Ph: 02 9625 8404

Sacred Heart 23 Nelson Street Mt Druitt South Ph: 02 9625 8847

Holy Family 254 Luxford Road Emerton Ph: 02 9628 7272

St John Vianney's 17 Cameron Street Doonside

Ph: 02 9622 3426

From the Bishop, Catholic Education Office

Catholic Outlook May issue

- * First Mass celebrated at new Our Lady of the Angels Church
- * CatholicCare opens new Drop-In Centre at Springwood
- * Year of Consecrated Life: religious in the Diocese gather at Marayong
- * Real care, love and compassion: the alternative to euthanasia
- * Br Bernard Bulfin: bringing Christ's love and forgiveness to those in prison
- * News from our Catholic schools
- * Knights of the Southern Cross continue support for seminarians

This month's Faith at Work DWF Appeal

The Diocesan Works Fund Appeal with the theme 'Faith at Work' is being held this month. The appeal gives us the opportunity to act together as a diocesan family to support ministries and services that no single individual or parish can offer. For example, it supports catechists who teach the faith in state schools, seminarians who are preparing for the priesthood, young adults working in youth ministry, prison and hospital chaplaincy, Pre-marriage Education through CatholicCare. Visit the website to see how your donation can make a difference: www.faithatwork.org.au

Blackheath Reflection Morning on 16 May

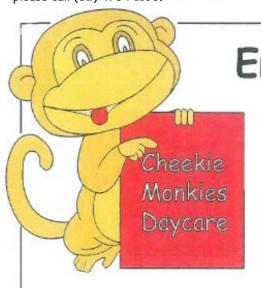
Top: 'Jesus the Man ... Life on the Streets.' Presented by Leonard Blahut. From 10am-1pm in Sacred Heart Parish Hall, cnr Sturt & Wentworth Sts, Blackheath. Entry by donation. No need to book. Morning tea provided. Further details: Carmen Vanny tel (02) 4787 8706.

Journey to Pentecost retreat by Brothers4Soul on 16 May

Come and join other men and journey with the apostles from the Ascension to Pentecost. A time to reflect. At Mount Schoenstatt, 230 Fairlight Rd, Mulgoa. From Saturday 16 May from 8am to Sunday 17 May till 4pm. Cost: \$135. RSVP Jim tel 0432 487 927,b4sjj2014@gmail.com

Springwood Trivia Night to support East Timor on 16 May

The Springwood East Timor Support Group will hold its 16th Annual Trivia Night on Saturday 16 May, so brush up on Don Bradman's batting average and dig deep to support a better future for East Timor. Why not organise a team and make an occasion of it? The fundraiser will be held at Springwood Sports Club, Macquarie Road, Springwood. To book or make an inquiry, please call (02) 4754 1160.



Enrolling Now!!

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Patricia Blom on 0469 919 025

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