



24 September 2020

Holy Family Primary Emerton

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Term 3 Week 10

As a community, we acknowledge the Traditional Custodians of this land, the Darug People, and pay respects to Elders past and present, for they hold the memories, the traditions, the cultures and hopes of Aboriginal Australia.

We must always remember that under our Holy Family gardens, paths and playgrounds, this land is, was and always will be traditional Aboriginal land

Message from the Principal

Greetings Parents!

The gospel this Sunday from Matthew's gospel is the parable of the workers in the Vineyard. The purpose of parables is to turn our thinking upside down. This one is no exception. The vineyard owner and workers agree on a wage (it was the accepted rate for a days work) for those who start working at the beginning of the day. At the end of the day, the vineyard owner pays those workers who were employed late in the day the same as those who were there all day.

Would I be correct in assuming that many of us would not be happy with that arrangement if we were there all day? So what is the purpose of the parable? What can we learn from this?

Scripture scholars tell us that the vineyard owner chooses to be generous. He knows that all the workers need to feed their families, they all need that basic wage. The parable is comparing the vineyard owner to God who will be generous with his mercy. This parable is a great news story for us. God's mercy is there for everyone.

As we enter the school holidays I would like to thank you for your support this term. I am very grateful to the staff for their ongoing commitment and service to the students and parent community.

I will share some reflections on the term later in the week.

Best wishes,

John Spradbrow

RE News

New RE Curriculum Trial @ Holy Family

As you may be aware, this term Years 4, 5 & 6 have trialled Learning Cycles from the New Religious Education Curriculum. There has been very positive feedback regarding the curriculum from the students, teachers and parents I have spoken to.

The curriculum has drawn great interest from the public and media over the past term. I have placed a video on our school's **Facebook** page featuring Ms Christine Howe (Director of Performance), explaining the curriculum and its intent. Please take a moment to view this.

The inquiry over the past term has been centred on:

Year 4: **How is God present in my life?**

Year 5 & 6: **What is Human Dignity?**

These are deep questions based on solid church teachings. Year 4 students have learnt about the Trinity and discerning where they find God in their everyday lives. Year 5 and 6 have learnt about the Catholic Social Teaching of Human Dignity, Faith, Love, Holiness and the notion of 'Thy Neighbour'.

I have enjoyed learning with the students. Here are some of their questions:

- What does it mean to be holy?
- Do I need faith in my life? When?
- If I'm not religious, do I need faith?
- What is God & where did He come from?
- How do I have the Holy Spirit if I'm not Catholic?

As you can imagine, some of these put the teachers into some VERY deep learning.

I would like to thank all the teachers and students involved in the curriculum trial this term. Following on from COVID, this term has been a challenging, busy and rewarding one.

Next term we are looking to trial the new curriculum from Kindergarten through to Year 3.

If you require any further information, please do not hesitate to contact me.

Holiday Food Hampers

Holy Family Emerton has been able to secure a number of food hampers for families in our community over the holiday period. The food hampers have been stocked with a number of essential dry-good/non-perishable items. I would like to thank the generous donation from our local community sports club, The Mount Druitt Rangers Football Club (Under 6's to Under 12's), which Mrs Melissa Brglevski organised.

Thank you Mount Druitt Rangers Football Club!!!



A New Resource - 'The Well'

The Diocese of Parramatta recently launched The Well – a new online platform that provides free, 'on-demand' inspiration for families, children, young people and faith communities. With over 80 (and growing) videos, podcasts and other online resources, at any time of day or night, you can watch and listen to:

- High-energy children's shows
- Information and reflections on the sacraments
- Recordings of young musicians around the Diocese leading praise and worship
- Thought-provoking discussions from local and international speakers
- Inspirational sharing from young people and young women.

The Well can be found at: thewell.org.au

Correspondence from the the CEDP Mission Team

Parent Survey Results: Draft New (Religious Education) Curriculum

In Week 8 of this term, all parents of students involved in the Term 3 'trial' of the Draft New Curriculum in Religious Education, were given the opportunity to share their feedback and insights. Thank you to all parents who were able to do so. Over 450 parents from across the Diocese have responded and there has been a positive response with the majority of parents agreeing to each of the statements listed below:

- My child has been enabled me to think about their faith
- My child has connected what they have learned to their life
- My child has responded positively to their lessons
- My child has spoken about their lessons at home

Important insights and points of feedback were also provided which, along with feedback from students and teachers, will be read and reflected on by Mission leaders as they continue to refine the Draft New Curriculum.

Community Day Celebrations

This year, Community Day like many other events, will look a little different due to COVID restrictions. This event traditionally has been celebrated on the Friday of the last day of Term 3, and it has been significant in promoting a core belief that:

'Holy Family Emerton is an inclusive multicultural school for all.'

On this day we recognise the richness of the multi-cultural diversity within our community and celebrate the role 'family' plays in shaping each one of us. Family is significant in everyone's life, especially in Jesus's life, and especially in our Holy Family school life.

On Friday we ask students to wear **cultural clothing** that recognises and celebrates their rich heritage.

Activities for the day include:

9:00am: Years 1-6 Grade Liturgy

Kindy: Community Liturgy 11:30

Year 1: Oral Language & Cultural Art

Year 2: Cultural Investigation

Year 3: The Language of 'Welcome'

Year 4: Indigenous Australians & Sport

Year 5: Cultural Baking

Year 6: Cultural Sports and Games

Staff Development Day Monday Term 4

The first day of Term 4 (Monday 12th October) will be a Staff Development Day. Traditionally, this day has been a Staff Formation/Spirituality Day and this year will be no different.

Our focus this year will be on developing our knowledge of the New Curriculum, centred around the theme:

'The Sacramental Vision of Hope, Joy and Reality.'

The day will be run by Rev Dr Elio Capra and Fr Greg Jacobs. Rev Dr Capra is a lecturer with extensive experience in working with teachers and schools. We are very much looking forward to the day of learning with him.

Student Led Zoom Conferences

Almost all of the students at Holy Family have led a Zoom conference with their teacher and parent. The process this year has formed a part of the 2020 Reporting Process.

The feedback from the conferences has been nothing short of 'wonderful' for everyone involved.

The students have had the opportunity to discuss their successes in learning and grow from the experience of speaking to their parents, parents have seen their child in a 'new light', and teachers have commented on how well students have reflected and discerned on their achievements over the year.

I would like to thank the students and teachers for all of their hard work. I would also like to thank the parents for making time to attend this important event with their child and teacher.

If you have not yet made a booking for the Zoom conference with your child, please call the office as soon as possible.

Kind Regards,

Ben Oxley

Religious Coordinator





School Timetable

School commences: 8.55 am
 Sip and Crunch (Fruit Break) Approx 10 am
 Recess 10.55-11.25 am
 Lunch 1.25-1.55 pm
 Dismissal 2.55 pm

Our Supervision of the children commences at 8:25am when a teacher begins duty. If children arrive after the bell has gone (8.55 am), they will be marked partially absent unless accompanied by a parent/carer and a reason for the late arrival provided.

After school the children are supervised until 3.15pm. If for some reason, you are going to be late picking up your child/ren, please let the school office know or make alternative arrangements.



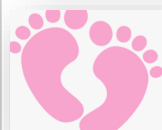
New Baby

Congratulations to the Robinson Family (*Nina R—KVV*) on the arrival of their newest bundle of joy.

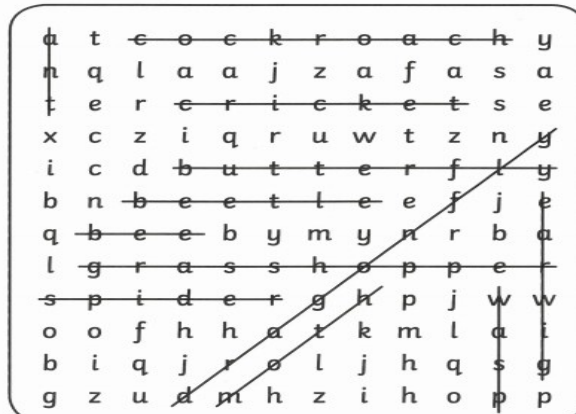
Lesley Ayana R

Born: 8 September 2020 @ 3:01 am

Weight: 3.4kg



Minibeast Answers



butterfly
 earwig
 bee
 grasshopper

cricket
 dragonfly
 beetle
 ant

wasp
 moth
 cockroach
 spider

School Uniform

At Holy Family, we are very proud of our uniform and each student is expected to wear it at all times with pride. As a reminder about what is appropriate, please read the following and please make sure that your child/ren comes to school each day with the proper uniform.

Hair

- Natural colour
- Hair must be neat and tidy
- Accessories must be in school colour – white, blue, navy
- If long enough, hair must be tied back at all times

Jewellery

Jewellery is not allowed at any time except for the following:

- Sleepers or studs in ears (no other earrings)
- Signet ring
- Watch
- Children must not wear anything around their necks or wrists

Hat

School hats must be worn at all times We have a 'NO HAT NO PLAY' policy.

SUMMER UNIFORM BEGINS TERM 4





The Learning Corner

Reading over the holidays

It's been an extremely busy term. Children and teachers have worked very hard in all curriculum areas but especially in English. It is very important to keep children reading over the holidays to foster a love of reading and to ensure they don't slip backwards.

Research clearly shows that when children are on holidays their reading ability also drops. The term "summer slide" refers to children dropping in their reading ability following a lack of reading over the summer break. Let's not allow the "spring slide" to happen. It's vital that we continue to encourage our children to read widely and often whilst they are on holidays.

Reading isn't just limited to print books alone. Encouraging children to read books on electronic devices can be a way to engage otherwise reluctant children with reading. Regular reading routines are essential to developing effective reading habits.

Set aside a time during the break when you and your child can read together, and another time when you can discuss your favourite parts of the book.

Here are some tips to make sure your children stay engaged with reading over the school break.

1. **Make reading time fun.** Try different types of books including humorous books to engage the reluctant readers in your family.
2. **Visit bookstores and the local library.** Make regular visits to bookstores and the local library. Many children are amazed when they discover that they can borrow a number of books from their local library for free.
3. **Allow children to choose what they want to read.**

I have added a link that elaborates on the topic of reading.

Enjoy this time with your children. Stay safe and we look forward to seeing you back in Term 4.

<http://www.essentialkids.com.au/education/reading/how-to-keep-kids-reading-during-the-holidays-20151229-glwl0>

Kind regards,
Mrs. Christine Figuero
Assistant Principal

Healthy Kids Corner



Vegie fritters

Makes 15

Ingredients:

- Approximately 2 cups of leftover vegetables
- 1 large or 2 small potatoes, grated
- 1 onion, grated
- 3 eggs, separated
- ½ cup wholemeal self-raising flour, sifted
- 2 tablespoons olive oil
- Pepper

Method:

1. Cut the leftover vegetables into small cubes.
2. Mix the vegetables with the potato and onion.
3. Place vegetables and egg yolks into a bowl and stir to combine.
4. Add flour and stir to combine.
5. In a clean bowl, beat egg whites until foamy using a whisk, fork or beater. Fold into the vegetable mixture.
6. Heat oil in a non-stick frypan over medium heat.
7. Spoon mixture into the pan and cook on both sides until golden brown and cooked through.
8. Serve as a snack or as a meal.

Variations:

You can also use grated and finely chopped fresh vegetables such as carrot, shallots, spinach, capsicum and tomatoes.

Tips:

- Use chopped herbs such as basil, parsley or thyme to add extra flavour without adding salt.
- Squeeze lime or lemon juice over the top for some added zing!
- The fritters can be frozen and reheated.

Adapted from Love Food Hate Waste New Zealand Veggie Fritters.



Fruit smoothies

GREEN (ACT & SA) / Everyday (NSW)

Makes 6 cups; berry, mango, banana, dairy free, kiwi fruit and veggie

Ingredients:

- 2 cups of fruit (fresh, frozen, tinned) e.g. soft bananas, mixed berries, mango
- 2 cups reduced fat milk
- 1 cup reduced fat plain yoghurt

Method:

1. Place all ingredients in blender.
2. Whizz until all ingredients are combined.
3. Divide into cups and pop into the fridge until ready to serve.

Variations:

- **Berry smoothie:** 2 cups of mixed fresh or frozen berries.
- **Mango smoothie:** 2 cups of fresh or frozen mango.
- **Banana smoothie:** 2 cups of soft, sliced banana (bananas can be peeled, chopped and frozen in zip lock bags ahead of time).
- **Dairy free smoothie:** substitute milk and yoghurt for 2 cups of soy milk and 1 cup of soy yoghurt or silken tofu.
- **Kiwi fruit smoothie:** 5 peeled and diced kiwi fruit.
- **Veggie smoothie:** substitute one cup of the fruit for a vegetable, e.g. 1 cup of banana and 1 cup of baby spinach.

Tips:

- Frozen fruit creates thicker smoothies.
- This recipe can be multiplied for larger batches.
- Add flavour boosters such as a teaspoon of honey, malt powder, cocoa powder, cinnamon or nutmeg.
- Add fibre boosters such as one Weetbix, a tablespoon of oat or wheat bran, or a tablespoon of chia seeds.



Principals Morning Tea Term 3

On Monday 21st September, two students from each grade were selected to attend the Principals Morning Tea. Congratulations on the wonderful effort you makes as a member of our Holy Family School Community. Thank you for trying to be the best that you can be and for being a responsible and caring member of your class.

During the tea, our Principal Mr Spradbrow asked the students questions about their work and why they thing they have been chosen. Congratulations to all the students.

<i>Class</i>	<i>Term 3</i>
Kinder	Noah K
	Theresa L
Year 1	Mina M
	Nathaniel I
Year 2	Okhalani T
	Lorelei P
Year 3	Luke F
	Delanda P
Year 4	Jason H
	Jamila M
Year 5	Kylahna R
	Savannah T
Year 6	Georgina T
	Janius M



Kids Activity Corner

Race to the top!

Skyscrapers are man-made wonders that stand out on every modern city landscape.

USE YOUR IMAGINATION TO DESIGN YOUR DREAM SKYSCRAPER IN THE CITYSCAPE BELOW. GO CRAZY!



Discovering Petra!

The ancient city of Petra was thought to be lost to history before it was rediscovered in the 19th century. Can you help these explorers find their way in?



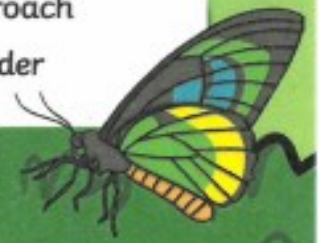
Minibeast

a t c o c k r o a c h y
n q l a a j z a f a s a
t e r c r i c k e t s e
x c z i q r u w t z n y
i c d b u t t e r f l y
b n b e e t l e e f j e
q b e e b y m y n r b a
l g r a s s h o p p e r
s p i d e r g h p j w w
o o f h h a t k m l a i
b i q j r o l j h q s g
g z u d m h z i h o p p

butterfly
earwig
bee
grasshopper

cricket
dragonfly
beetle
ant

wasp
moth
cockroach
spider





Name: _____



FIVE SENSES SCAVENGER HUNT

Something smooth 	Something rough 	Something that makes a noise 
Something round 	Something yellow 	Something that came from a plant 
Something that has a smell 	Something long 	Something man-made 
Something soft 	Something you can eat 	Something red 

jellystone
designs

Beetanicals

Activity Sheet #9 - Five Senses Scavenger Hunt

Can you find at least 1 thing to add to the boxes?

You may have to look inside and out. Be sure to take an adult on the scavenger hunt with you. Happy hunting!

#sanitysavergiveaway

Name: _____



MAKE YOUR OWN PIZZA!

RECIPE FOR PIZZA BASES

Ingredients

350g flour

2 $\frac{3}{4}$ tsp baking powder

1 tsp salt

1 tbsp oil

170 ml water

Additional toppings
to make your pizza
awesome!

Method

1. Heat the oven to 200°C/180°C fan/gas mark 6.
2. In a small bowl, mix the dry ingredients together.
3. Slowly, add the oil and 170ml water.
4. Gradually stir until it forms a ball (you may need to use your hands). It should be soft but not sticky. If your dough isn't the required consistency, what could you add?
5. Knead on a floured surface for 3-4 mins.
6. Carefully roll into 2 balls, then flatten out. Why don't you get creative and mould your dough into a shape which makes it totally unique?
7. Add your toppings and then bake on a baking sheet for around 15 minutes.

Top It Off!

Choose 5 toppings and write them below. Don't forget to write an estimate of how much you will need! Write the weight or number on your recipe card.

MY AWESOME PIZZA TOPPINGS		MY PIZZA NAME:
Ingredient	Quantity	

kiddikutter®
CUTS FOOD @ NOT FINGERS

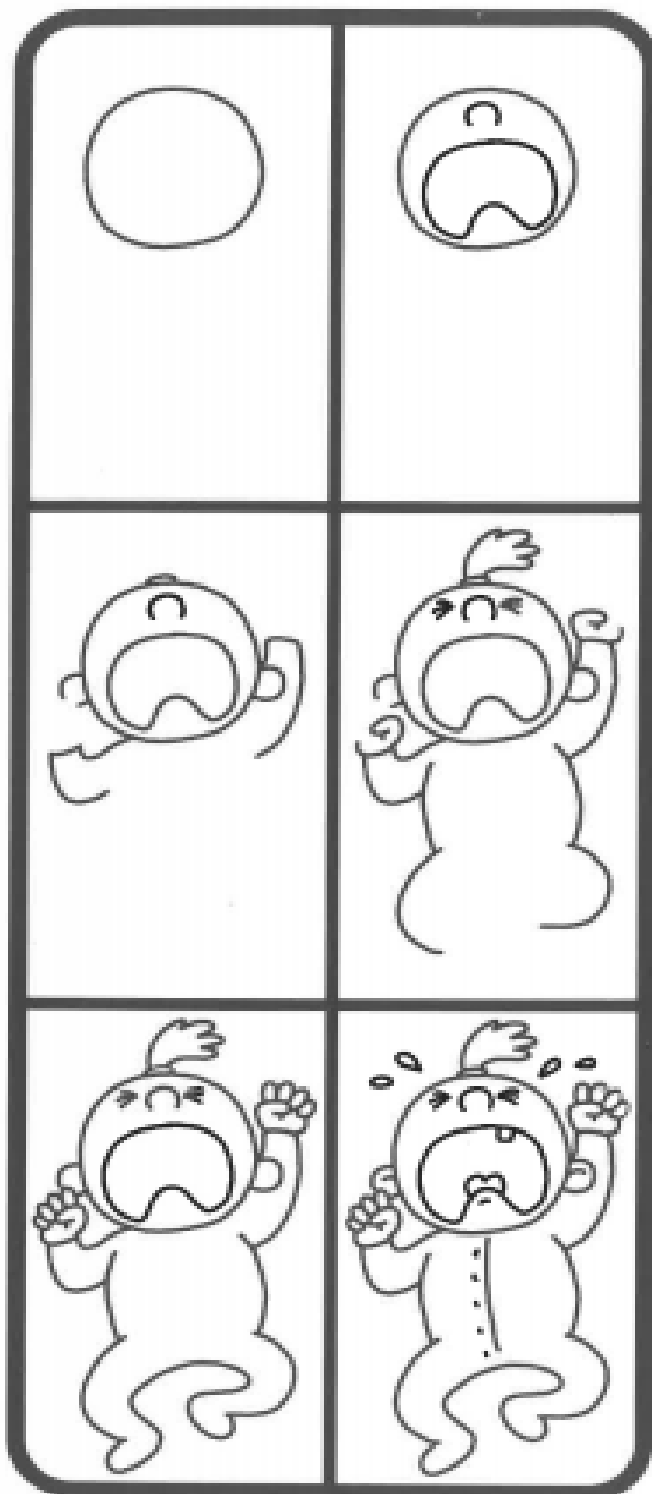
Little @ UMble

Activity Sheet #5 - Make Your Own Pizza

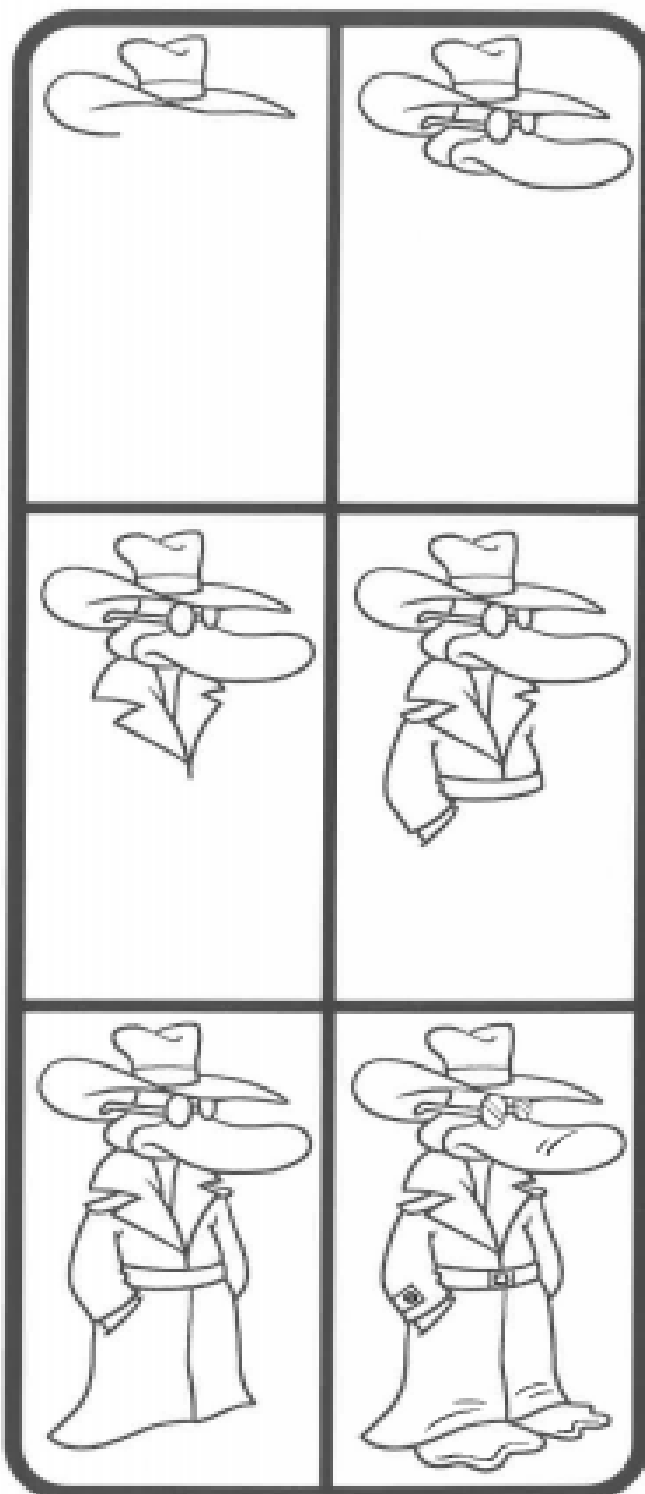
Making your own pizza can be a lot of fun! And we've left the best part all up to you - picking your favourite ingredients. Will you add cheese, tomato, pineapple?
Snap + share you pizza creations with us **#sanitysavergiveaway**

How to Draw.....

Crying Baby



DUCK Spy





World Teacher's Day

To celebrate World Teacher's Day at the end of October, CEDP are putting together a heartfelt video highlighting teachers who have made a significant positive impact on the lives of students and/or parents.

If you would like to nominate a teacher who has made an impact on you and/or your child, please complete the form attached by Friday 9th October.

https://docs.google.com/forms/d/1yR8WVcFBdPDErx_Eg3-8ub-4B6Xf8QcETjCbr7DOz2o/edit#responses



World Teacher's Day

To celebrate World Teacher's Day at the end of October, CEDP are putting together a heartfelt video highlighting teachers who have made a significant positive impact on the lives of students, and/or parents.

If you would like to nominate a teacher who has made an impact on you and/or your child, please complete the questions below:

***Required**

Your Name *

Your answer

Your Child's Name *

Your answer

What year was your child in when the experience with this teacher occurred? *

Choose

Was this teacher, your child's class teacher? *

☐

Yes

☐

No

How did this teacher positively impact you or your child? *

Your answer

Submit

SIX WAYS TO PRACTICE GROUNDING

with anxiety + intense emotions



body

lay on the ground,
press your toes into
the floor, squeeze
playdough



5 senses

wear your favorite
sweatshirt, use
essential oils,
make a cup of tea



self- soothe

take a shower or
bath, find a
grounding object,
light a candle



observe

describe an object
in detail: color,
texture, shadow,
light, shapes



breathe

practice 4-7-8
breathing: inhale
to 4, hold for 7,
exhale to 8



distract

find all the square
or green objects in
the room, count by
7s, say the date



THE GROWLERY



Dates for the Calendar School Holidays

Term 3 finishes on:

Friday 25 September 2020

Term 4 begins on:

Monday 12 October 2020 Pupil Free Day—***NO SCHOOL FOR STUDENTS***

Tuesday 13 October 2020—Students Return to School

JumpStart – October 2020

**Signup for JumpStart and
take a giant leap into Term 4!**

**Thursday 8th and
Friday 9th October**

**Lodge your Expression of
Interest Form now!**

Happy Holidays!

**Return
to school
Tuesday
13th October**

**STAY SAFE,
EVERYONE!**



enjoy

I am a learner

I am safe

I am the
face of Jesus

I am a learner

I am safe

I am the
face of Jesus

I am a learner

I am safe

I am the
face of Jesus

Pathways Song

Written by Michelle Dennis
and the students of Holy Family Primary School Emerton
Copyright. 2018

CHORUS

I AM SAFE, I AM A LEARNER AND I AM THE FACE OF JESUS
I AM SAFE, I AM A LEARNER AND I AM THE FACE OF JESUS

VERSE 1

WE ARE SAFE WHEN WE ARE CALM
WE ARE SAFE WHEN WE PLAY TOGETHER
WE ARE SAFE WHEN WE USE EQUIPMENT
WE ARE SAFE WHEN WE CARE FOR EACH OTHER

CHORUS

I AM SAFE, I AM A LEARNER AND I AM THE FACE OF JESUS
I AM SAFE, I AM A LEARNER AND I AM THE FACE OF JESUS

VERSE 2

WE ARE LEARNERS WHEN WE'RE IN THE CLASSROOM
WE ARE LEARNERS WHEN WE LEARN ABOUT NEW THINGS
WE ARE LEARNERS WHEN WE USE EQUIPMENT
WE ARE LEARNERS WHEN WE ARE LISTENING

CHORUS

I AM SAFE, I AM A LEARNER AND I AM THE FACE OF JESUS
I AM SAFE, I AM A LEARNER AND I AM THE FACE OF JESUS

VERSE 3

WE ARE THE FACE OF JESUS WHEN WE USE KIND WORDS
WE ARE THE FACE OF JESUS WHEN WE'RE SHARING
WE ARE THE FACE OF JESUS WHEN WE SHOW RESPECT FOR OTHERS
WE ARE THE FACE OF JESUS WHEN WE'RE CARING

CHORUS

I AM SAFE, I AM A LEARNER AND I AM THE FACE OF JESUS
I AM SAFE, I AM A LEARNER AND I AM THE FACE OF JESUS

BRIDGE

MY JOB IS TO LEARN
YOUR JOB IS TO TEACH
YOU DO YOUR JOB AND I'LL DO MINE
AND THEN AT SCHOOL WE CAN HAVE A GREAT TIME!

CHORUS

I AM SAFE, I AM A LEARNER AND I AM THE FACE OF JESUS
I AM SAFE, I AM A LEARNER AND I AM THE FACE OF JESUS

I am a learner

I am safe

I am the
face of Jesus

I am a learner

I am safe

I am the
face of Jesus

I am a learner

I am safe

I am the
face of Jesus