



11th June 2020

# Holy Family Primary Emerton

Emert Parade, Emerton  
PO BOX 261  
MT DRUITT 2770  
Phone: 8869 7200  
Fax: 9628 9589

**Term 2 Week 7**

*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,

We have recently celebrated the feast of Pentecost Sunday. This special day is known as the birthday of the church because it marks the day that the Holy Spirit came to the apostles as promised by Jesus. On that day the gospel was heard by people from many lands and ethnic groups. Jesus' message is for everyone.

What I really like about the feast of Pentecost is the change that took place in the apostles. The scripture account tells us that the apostles, although afraid of being captured by the authorities, went out and preached the Good News - Jesus' messages about God the Father, prayer, of love, forgiveness, compassion and how we should love each other. They were probably still afraid when they ventured out into the public arena again; they did it anyway.

When we look at the world wide concern about racism, the apostles' display of courage is an example for us. It is not enough to not be racist, we must be anti racist. That means we have to set an example, speak up against racism and support those who are subject to racism.

Could I ask you please to speak with your children about what it means to be racist and anti racist. We need to work to ensure that racism is not part of Holy Family School. Discrimination, name calling and put downs are not acceptable. I appreciate your support in working with us to ensure that everyone one feels welcome, valued and safe at Holy Family.

### Half Year Reports

Given that schools across the country were operating by remote learning for almost a term, the NSW Government has made some significant changes to the syllabus and reporting requirements for 2020. Our half yearly report will reflect these changes. This year the half yearly report will only cover Religious Education, English and Mathematics. There will also be a smaller section describing students' learning attributes and a general comment. These reports are being prepared and will be distributed to parents at the end of term.

Student led conferences will be held next term.

Thank you for your ongoing support.

Best wishes,

*John Spradbrow*

## Congratulations to the Uamaki Family

**Kenzley Aaliyah Uamaki**  
**Born on Monday 1st June 2020 @ 1:16 am**  
*Sister to Kaydence in Yr 3 and  
Korbyn in Kindergarten*

**Weight: 6.6 pounds**  
**Height: 48.5 cm**



### Medication at school

If your child is required to take medication at school, whether it be a controlled drug or antibiotic, medical authorization forms are to be completed and returned to the office prior to the administration of any medication



#### Parents are responsible for:

- Obtaining the relevant medication forms from the school and arranging for their completion and return
- If the medication is a prescribed controlled drug** such as Ritalin, Dexametaphine etc., the parent/carer is required to provide a request and written instructions from the **prescribing doctor** with the following information:
  - Name of student
  - Condition for which the medication is required
  - Guidelines for administration
- If medication is an antibiotic** and is required to be administered for a controlled period of time, **a parent/carer** needs to complete the medication authorization form with clear instructions regarding the dosage and time to be taken with the following information:
  - Name of student
  - Condition for which the medication is required
  - Guidelines for administration
- Providing the medication in the original labeled container to the office staff member
- Ensuring the medication is not out of date and has an original pharmacy label with the student's name, dosage and time to be taken

If you have any questions, please contact the school office on 8869 7200.

### Enrolments 2021

Kindergarten enrolments are now open for 2021.

Enrolment packs are available from the school office. Please be mindful that your child's enrolment is not complete until the enrolment forms are submitted to the school and a letter of offer is returned. Also, an original birth certificate is required for enrolment. We cannot enroll children without a birth certificate. Should you have any questions regarding the enrolment process, please do not hesitate to contact the school office on 8869 7200.



### Parent Contact Details

Please ensure that the school has your updated:

- telephone numbers
- emergency contact details.
- address

There have been a number of times where we have not been able to contact parents during an emergency. We ask this for the safety of your children.





## Fact Sheet for Parents and Caregivers - Explanation of Absences

CEDP promotes daily school attendance. Going to school every day is the single most important part of your child's education.

If your child is sick or absent you are required to notify their school on the first day of absence if at all possible. All explanations to the school must be provided within **7 days** from the first day of any period of absence.

Absences can be explained using one of the following methods:

1. Online: log the absence directly using **Skoolbag App**
2. Email: the school at **Emerton@parra.catholic.edu.au**
3. Telephone: the school office **8869 7200 Monika Cunningham or Denise Carroll**
4. Note or medical certificate sent with your child

Where an explanation has not been received within the 7 day timeframe or the explanation has not been accepted, the school will record the absence as unexplained or unjustified on the student's record. The school will not be able to accept explanations which are not received within the 7 day timeframe.

Justified reasons for student absences may include:

- being sick or having an infectious disease
- having an unavoidable medical appointment
- being required to attend a recognised religious holiday
- exceptional or urgent family circumstances e.g. attending a funeral

### Why do I need to notify the school if my child is absent?

Parents of children aged 6 to 17 years are legally required to ensure their children attend school every day or provide an explanation if they are absent. Notifying the school and providing an explanation for your child's absence will fulfil this legal responsibility.

The safety and wellbeing of students are the highest priorities for schools. Parents need to know if their child isn't at school, and schools need to know when and why a child is absent. Notifying the school of your child's absence helps ensure the safety and wellbeing of all children in school.

### What is your responsibility?

- ⇒ Ensure your child attends school every day
- ⇒ Notify the school immediately if your child is absent
- ⇒ Provide an explanation for any absences within 7 days
- ⇒ Make sure the school has your correct contact details so that you can receive attendance information about your child

every learner every day 



# Recipe of the Week

## CHICKEN CASSEROLE

**Serves** 4  
**Cost per serve** \$1.52  
**Total prep & cooking time** 45 MIN



**WHY WE LOVE THIS RECIPE**  
Vegetables can be substituted for any hardy vegetable like sweet potatoes or pumpkin.

**FOOD WASTE TIP**  
Leftover tomato paste or stock can be frozen in ice cube trays for later use.

### INGREDIENTS



### STEPS



Add olive oil to a large, deep frypan on medium-high heat. Add the diced onion and stir for 5 minutes. Add the tomato paste and stir for 2 minutes.



Add the chicken pieces, stirring for 4 minutes or until golden brown.



Add the potatoes, carrot, garlic, zucchini and dried mixed herbs. Cook for about 5 minutes, stirring regularly.



Add the chicken stock (or water) and diced tomatoes. Stir well and bring to the boil.



Reduce the heat to low and simmer for 25 minutes, stirring occasionally.



Stir in beans or chickpeas and cook for another 5 minutes or until broth thickens. Serve with a slice of wholemeal bread and salad.

In addition to this food box, you may need to source additional foods for a balanced diet, especially lean proteins and dairy.



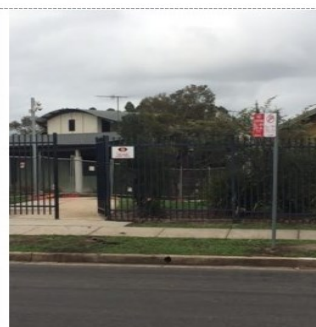
Dear Parents/Carers,

Please be advised that there are street signs on *Weber Crescent* permitting you to drop your children in the designated area - please note the rules of the **No Parking Sign**.

**SCHOOL ZONE OFFENCES**  
**WHAT ARE YOU RISKING?**

 <b>No Stopping</b> Do not stop near a No Stopping sign.	 PENALTIES \$330 + 3 DEMERIT POINTS	 <b>No Parking</b> 2 min to drop off or pick up, stay within 3m of vehicle.	 PENALTIES \$183 + 1 DEMERIT POINT
 <b>Bus Zone</b> Only a public bus can stop in a bus zone.		 PENALTIES \$330 + 3 DEMERIT POINTS	

Help keep our children safe
 
 PENRITH CITY COUNCIL



# HOW TO GET KIDS TO PLAY NICELY

## TALK WITH YOUR CHILDREN ABOUT THE BIG FEELINGS

Discuss big emotions with your kids that might come up when they play with their siblings. These include positive as well as negative feelings, and will help them be more aware of their feelings.



## EACH SIBLING IS UNIQUE

Help kids recognize the uniqueness in each personality. This helps them learn that they might like to play differently, and they may have to compromise or take turns.

## HAVE FAMILY HUDDLES

Create plans together in family huddles. This gives all members an equal voice and a safe space to discuss anything that might come up or any decisions that can be made as a family.



## TALK OUT HOW YOU HANDLED A CONFLICT

After problems or arguments, meet as a family to reflect on what worked and what didn't. Your kids can mend their relationship and learn what to do next time.



## IDEAS FOR PLAY

Teach kids to make a list of play ideas that each of them likes to do together and separately so they always have something to refer to.



## ARM SIBLINGS WITH PROBLEM-SOLVING SKILLS

Teach each child problem solving skills ahead of time so they know how to work through struggles. This will help them build a stronger bond.

## PLAN FOR MISTAKES AND "OOPS"

Mistakes will happen, so helping your kids be prepared for them and knowing they lead to better future choices and growth can help them seem less threatening.



## SHOW THEM HOW TO PLAY

Play with your kids and Model "How" to play together - spending time playing with your kid and showing them how they can do that on their own, too will help pave the way for them to play independently when you really need them to.

## STAY CLOSE TO YOUR PLAYING KIDS AT FIRST

Staying close to your kids while they are still learning to play together will give them a way to slowly get used to playing on their own without you.



## RETHINK YOUR IDEAS OF PLAY

Show your kids that 'play' doesn't always have to be a traditional board game. Play can take lots of different forms.



## Food for Thought About our Faith:

### The Holy Trinity

Last Sunday marked the celebration of the Feast of the Holy Trinity. The 'Trinity' is a difficult concept to explain to not only children, but also to adults!

*How can God be Three in One?*

Our faith calls us to see 'God the Creator', 'Jesus the Son' and the 'Holy Spirit' as one divine essence. It is something many of my 'non-catholic' friends ask me about... 'Isn't your first commandment to worship only one God?'... a comment I would always amend with quoting the actual commandment; 'I am the Lord thy God, thou shalt not have any strange gods before Me'. However, in thinking about the commandment, it can be a strange idea in seeing this trinitarian relationship as one divine God.

In explaining this I try to go with what we know....

- We know that we were created in an image of love, by the creator, in which to live life to the full.
- We know that from the beginning of time we have been gifted with a divine force in which to bring about goodness and human flourishing - the Holy Spirit.
- We know that the creator loved us so much that He gave His only Son - Jesus. It is through Jesus' human and divine life that we come to know God.

*Therefore, we could say that the Trinity calls us to live a life to the full, with Christ as our ultimate role model in love and action, in order to bring about human flourishing.*

It is fitting that this feast day is the first feast after the Easter period. It is set in a time known as 'Ordinary Time' in the Church's calendar. The Feast of the Trinity calls us to live in a particular way. Oddly, if we do live in this 'particular way', then I'm sure God wouldn't mind me saying that it really is a time that is less than ordinary.

Kind regards,  
Mr. Ben Oxley  
Religious Coordinator





## On Being Yourself and Being Self-Directed



You must learn that you cannot be loved by all people.  
You can be the finest tiger in the world- ferocious, a great swimmer, a great hunter and offer yourself to all.  
But, You must remember that there will be people who do not like Tigers.

You must understand that if you are the world's finest Tiger,  
And someone You love does not like Tigers,  
You have the choice of becoming a Panther.  
But you must be warned that if you choose to become a Panther,  
You will be a second-rate Panther.  
But you will always be the finest Tiger!

You must also realise that, if you choose to be a second-rate Panther.  
There will be people who do not like Panthers.

Furthermore, You can spend your life trying to become the best Panther-  
which is impossible if you are a Tiger,  
Or You can seek again to be the finest Tiger!

# School Holidays

Term 2 finishes on  
**Friday 3 July 2020**

Term 3 begins on  
**Monday 20 July 2020 TBC**



[www.health.nsw.gov.au](http://www.health.nsw.gov.au)

## Practice simple hygiene by washing hands regularly

**1** Wet hands



**2** Apply soap



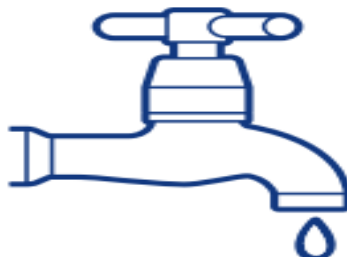
**3** Lather & scrub



**4** Rinse hands



**5** Turn off tap



**6** Dry hands



Spend **20 seconds** washing your hands.

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## How can we help prevent the spread of coronavirus?

Practising good sneeze/cough hygiene is the best defence against most viruses. You should:

- wash your hands frequently with soap and water, before and after eating, and after going to the toilet
- cover your cough and sneeze, dispose of tissues, and use alcohol-based hand sanitiser
- and if unwell, avoid contact with others (stay more than 1.5 metres from people).

## More information

While coronavirus is of concern, it is important to remember that most people displaying symptoms such as fever, cough, sore throat or tiredness are likely suffering with a cold or other respiratory illness – not coronavirus.

For the latest advice, information and resources, go to [www.health.gov.au](http://www.health.gov.au)

Call the National Coronavirus Health Information Line on 1800 020 080. It operates 24 hours a day, seven days a week. If you require translating or interpreting services, call 131 450.

The phone number of your state or territory public health agency is available at [www.health.gov.au/state-territory-contacts](http://www.health.gov.au/state-territory-contacts)

If you have concerns about your health, speak to your doctor.



# FREE FLU VACCINE

**NO MEDICARE CARD REQUIRED**

**MOUNT DRUITT  
THE HUB  
NEXT TO DAWSON MALL**

**10AM - 1PM**

**TUESDAY 9TH JUNE  
THURSDAY 11TH JUNE &  
THURSDAY 25TH JUNE**

**BLACKTOWN  
MARIST180  
36 FIRST AVENUE**

**10AM - 1PM**

**TUESDAY 16TH JUNE &  
TUESDAY 23RD JUNE**

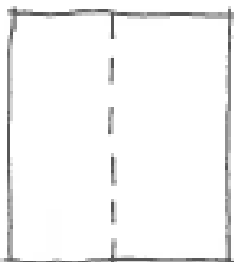
**THE FLU VACCINE IS THE BEST PROTECTION AGAINST  
INFLUENZA FOR ANYONE 6 MONTHS AND OLDER**



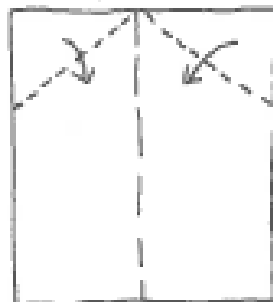
**Health**  
Western Sydney  
Local Health District

# HOW TO MAKE PAPER PLANES

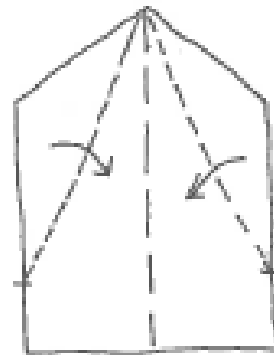
A4 sheet of paper.



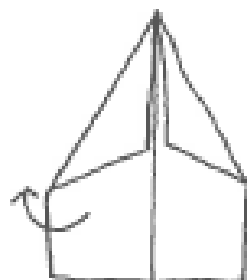
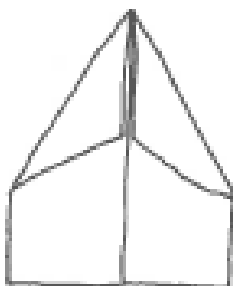
Bend it in the middle then flatten it out again.



Fold the corners in.



Then fold it in again.



fold in half.



fold wing in.



There's your plane...

**NOW THROW IT.**

DON'T FORGET TO YELL

**DUCK !!**



USE THIS FOR YOUR PLANE  
PHOTO COPY THIS PAGE  
AND START FOLDING.

HAVE SOME FUN  
DECORATING YOUR PLANE.



USE THIS FOR YOUR PLANE  
PHOTO COPY THIS PAGE  
AND START FOLDING.

HAVE SOME FUN  
DECORATING YOUR PLANE.





EACH GROUP OF ANIMALS  
HAS A SPECIAL NAME.  
Match the animal with the  
collective name

A. Birds



POD

B. Swans



PACK

C. Dogs



SCHOOL

D. Dolphins



FLOCK

E. Lions



FLIGHT

F. Fish



SWARM

G. Bees



PRIDE

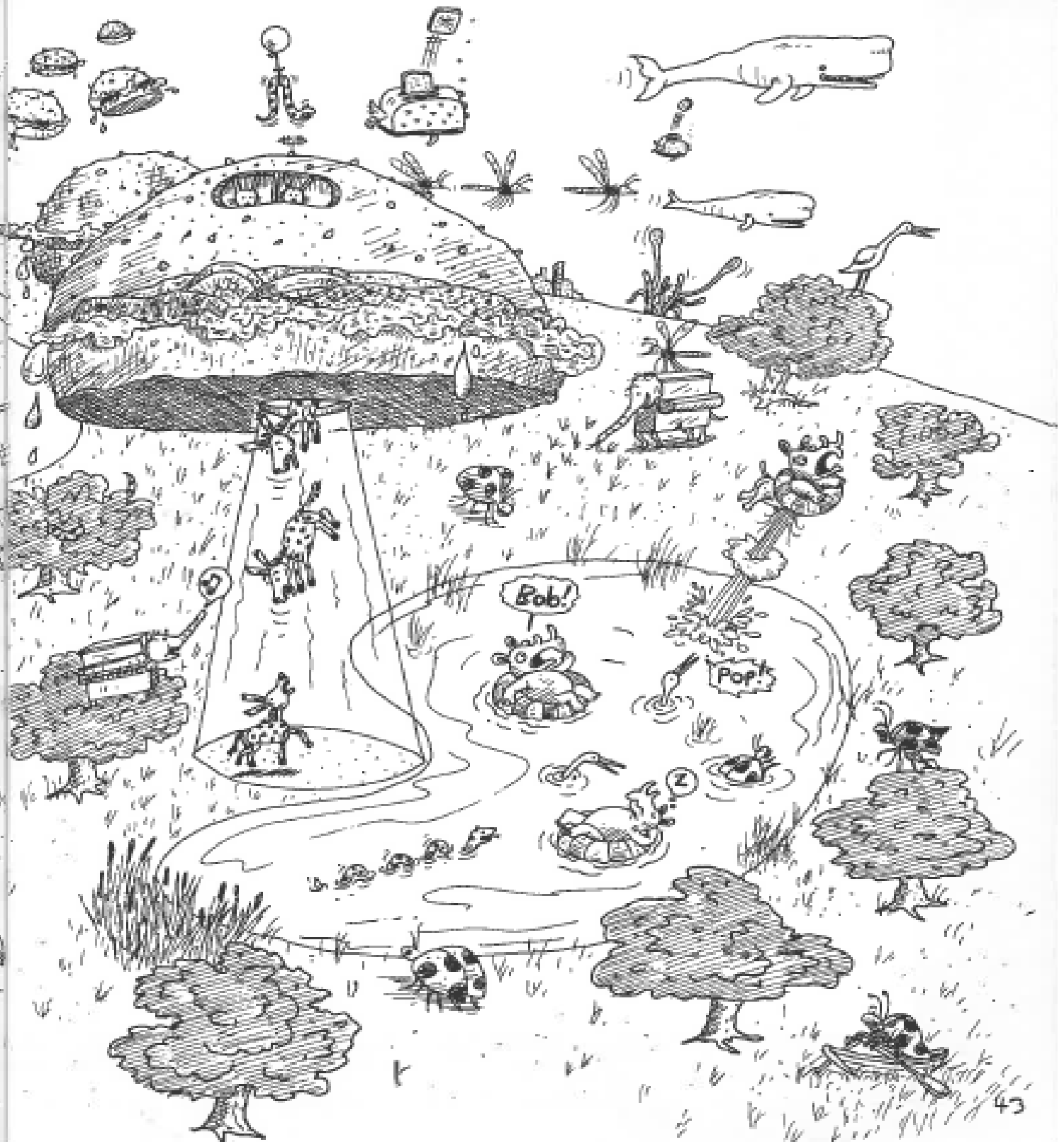
ANSWERS: A. FLOCK, B. FLIGHT, C. PACK,  
D. POD, E. PRIDE, F. SCHOOL, G. SWARM.

# BUMPURBIA





**FIND THESE THINGS:** One giraffe, two pianophants, three donkeys, four rhinos, five whales, six hamburgers, seven toaster fish, eight pythons, nine crane, ten squid, eleven ladybirds and twelve mosquitoes.





## 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

