



OUR LADY HELP OF CHRISTIANS Catholic Primary School

"Under Your Protection"



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No. 6 10th March 2010 (Week 7 Term 1)

WEEKEND MASSES

Saturday 9.15am

Saturday Vigil: 6.00 pm

Sunday 8.00 am, 10.00 am & 6.00 pm

Weekday Masses OLHC Church

Thursday 7.00 am (Convent)

Tuesday & Friday 12.15 pm

Wednesday 9.15am

From the Principal

Catholic Schools Week

Catholic Schools Week 2010 will be held next week (14 March to 20 March) and will involve the communities of all 615 Catholic primary and secondary schools across NSW and the ACT. The theme for 2010 is **"open your minds, open your hearts."**

First and foremost, Catholic Schools Week is about celebration. The main aim of

Catholic Schools Week is to raise awareness and celebrate the strength and distinctiveness of Catholic schools across the State.

Catholic Schools Week is about strengthening relationships between all those that have a stake in our schools – students, staff, families, priests, parishioners, and members of the wider community.

Our Lady Help of Christians staff and students look forward to welcoming many visitors to our school next Friday 19th March to our open day.



Infants Swimming Carnival

Congratulations to all the children in Kindergarten, Year 1 and Year 2 who participated in the swimming Carnival last Thursday. The day was a huge success and enjoyed by all.



Many thanks to Ms. Hayes, the teachers and parent helpers for working so hard to make the day so enjoyable.

1-2-3 Magic Parent Education

Many thanks to all those parents who made the effort to attend the 1-2-3 Magic parent education nights. This was an excellent program and one that we all found worthwhile.

I have ordered the DVDs and information booklets and will make these available for loan by parents, via the school office, as soon as they arrive at the school.

OLHC Open Day

OLHC's Open Day is Friday 19th March from 9.30 – 11am. This is a wonderful opportunity to showcase our school.

We would like to invite all parents, grandparents, aunts and uncles, and friends to this very special morning.

Welcome to the Cusack Family

On behalf of the OLHC community I would like to welcome Ryan (Kindy), Amy (Year 2) and their parents Mona and Chris to Our Lady Help of Christians School.



Congratulations to the Meares Family

Congratulations to Janelle, Gerard and Kaitlyn (Kindy) on the birth of little Ben who is now almost 2 weeks old.

Principal's Leave

During the last two weeks of this term I will be taking some long service leave. Ms Louise McDonald will be taking on the role as Acting Principal and Mrs. Tracey Dawson will be Acting Assistant Principal. I know that the school will be left in the capable hands of these two leaders.

Kevin Turner
Principal

Diary Dates

Term 1 2010

Week 7

12th Mar Crazy Hair Day
Epping Twilight Markets

Week 8

15th Mar Young Leaders Day
16th Mar Lenten Season Mass 12.15pm
19th Mar OLHC Open Day

Week 9

25th – 26th Mar Stage 3 excursion to Canberra

From the Office

School Fees

The Year 5 and 6 Canberra excursion is on the 25th & 26th March. The payment for this needs to be made prior to the children participating. Please ensure you make your payment in time.

From the AP

Cyber-bullying

Cyber-bullying is a relatively recent occurrence and has had a detrimental effect on many lives, especially children and teenagers. It is very important that we consistently send out the message that bullying is **never** acceptable. This is sent clearly through our words and actions. Children are always watching and listen to us, taking their cues from us.

In recent weeks I have been reading some information about Cyber-Bullying and strategies to stop this occurring. I found this information on a web site that I thought was worthwhile to consider with some practical tips for children and parents.

School-aged children quickly learn to make friends, display preferences and establish their own social circles. This interaction used to take place in person, via notes or letters, or via the home telephone. Affordable technology has now provided our children with new methods of communicating, including 'online' via various methods on the internet and also through personal cellphone text messages.

Unfortunately, those communication channels can also be used as a channel for harassment or bullying, bringing this childhood threat out from the school playground and into our homes.

Cyber-bullying can range from unwanted negative remarks to threats and disclosure of personal information and can include:

- repeatedly making fun of another person on internet websites;
- repeatedly picking on another person through emails, text messages or instant messages;
- using internet forums and postings messages online intended to harm, damage, humiliate or isolate another person that they don't like
- posting unflattering photos of someone on a website to embarrass them.

Tips for children:

- Just like in real life, there is a difference between what is right and what is wrong on the internet. If something doesn't feel right, tell someone that you trust.
- Never give out your real information on the internet (especially your name, school etc) or tell anyone your passwords.
- Create a free email address (like Gmail or Hotmail) and use that for internet websites. If someone uses it to harass you, it's easy to just delete that address.
- On sites like Facebook and MySpace, keep your profile private.
- Refuse to support cyberbullying – don't pass on hurtful messages and tell your friends to stop. Treat people with respect, like you want to be treated.

Tips for parents:

- For younger children, keep the computer in a common area where you can watch them.
- Talk to your children about what they are doing online. Learn about the technology that they are using like instant messaging and social websites.
- Tell your children that bullying is not right and it's not their fault. Encourage them to tell you about anything that is bothering them and reassure them that they won't be in trouble with you.

Global Newsletter March- 2009

http://www.cts-rb.com.au/news/2009/2009_newsletters/Mar09/Newsletter_Mar09.htm

*A thousand mile journey begins with one step.
Lao Tse*

Peace,
Louise McDonald
Assistant Principal

Epping Twilight Markets

The following families are rostered on to assist with the smooth running of the next Twilight Markets on Friday 12th March 2010:

3.30 to 6.30pm: Zalm (Operations Manager), Ré, Gangemi, Yuen, Honor, Agostino, Millen, Micallef, Varlow, Trujillo.

6.30 to 8.45pm: Gonzalez, Eymael, Proudfoot, Horsley, Muranty, Quinn, Kirk.

8.45 to 9.30pm (Pack up crew): Cullen, Williams, Sheehan, Khachiki, Findlay, Stubbs.

On the night, can all volunteers sign in on the form that is located at the first aid desk.

Sandra Tucker



Crazy Hair Day- Friday 12th March

Last Wednesday the school community voted on a name for our student

leadership team. The leadership team will now be known as **STARS: Students to Assist and Represent our School.**

Also a reminder for Crazy Hair Day this Friday to raise much needed funds for Haiti as part of our Lenten appeal. Money will be sent through Caritas Australia.

Ms Dalle-Nogare

Uniform Shop

The new hats for both boys and girls will be \$15. As soon as they are available any existing orders will be sent home with the children. Any new orders can be left at the office.



When the children return in Term 2 they wear their winter uniform. The uniform shop will be open on Mondays 15th and 29th March from 8.30 – 9.30am to purchase any items of winter uniform you may need for Term 2. Orders can also be sent via the black bag.

Monica Power & Carmel Hartman

Before and After School Care News

Our raffle is being drawn this week! We have three fabulous hampers up for grabs, including an Easter Hamper, Movie Hamper, and Gourmet Hamper. The raffle will be drawn at the Twilight Markets this Friday the 12th of March. Tickets are \$2 so come on in and get them while they last!

Gem Brooks
Co-ordinator



Merit Awards Week 6 Term 1

Kindy

Charissa Low

Year 1

Jack Armstrong

Year 2

Catalina Trujillo

Year 3

Tadah Khachiki

Year 4

Bridget Maguire

Year 5/6

Amy Cusack

Sarah Maguire

Samuel Stephens

Kate Book

Liam Booby

Brendan O'Sullivan

Lorenzo Saavedra



Birthday Stars

Congratulations and happy birthday to the following children who celebrated their birthday this week.

Brigitta Handayani
Rebecca Manning
Hillary Poulter

Oscar Kirk
Alex Micallef



CARNIVALE 2121

**When: SUNDAY 28 MARCH 2010,
Midday - 8.00pm**

**Where: NORTH EPPING OVAL,
Boundary Road, Nth Epping**



On Sunday March 28, North Epping Oval will come alive with the sights, sounds and aromas of the entire 2121 community. Sunday March 28 is

known nationally as NEIGHBOUR DAY and as such we have again decided to pull the entire 2121 community together to celebrate.

CARNIVALE 2121 2010 will be a magnificent day of fun for all the family. There will be carnival rides and activities, food stalls from around the world, face painting, jumping castles, an animal friendship farm and a centre stage highlighting bands and performers from the cream of our local talent and beyond.

Your **SUPPORT** is needed to make this Family Fun Day a tremendous success, so come along and enjoy the day with your family, friends and neighbours.

For more information please email: carnivale2121@bigpond.com or contact Rob Neil on 0409 768 771.

Scholastic Book Club

Please return any book club orders by Monday 15th March. Many thanks.

Julie Moon



NSW Premier's Reading Challenge 2010

During term 1 and 2 we will be focusing on someone who has chosen to participate in the Premier's reading Challenge in 2010. Lots of new books have been added to the list this year and the good news is it is not too late to send your participation slips in!! This week it is Dom Micallef in Year 2. Interviewed by Holly Baldwin. Photographed by Rebecca Manning.

1. Have you participated in the challenge before?
Yes
2. What has been your favourite book this year?
The Secret of Cacklefur Castle
3. Who is your favourite book character?
Geronimo Stilton
4. What genre do you enjoy the most?
Adventure
5. Where do you like to read?
At home in bed
6. Who is your favourite author?
Geronimo Stilton



Community News

Moving Bodies Holiday Fun - Gymnastics Olympic Style at the State Sports Centre, Homebush using Olympic equipment. Holiday Clinic at Willoughby with ball sports, music, fitness and more. For details and enrolments visit www.movingbodies.com.au or phone 9940 5240.

School holiday tennis clinic – Midson Road tennis courts Tuesday 6th to Friday 9th April. Morning and afternoon sessions available. Cost \$100. Enrolments for term 2 are now being accepted. For bookings call Paul on 9680 1622 or 0408 223 708.

Loreto Normanhurst - Open Day 27th March from 11am to 3pm. Tours of the school and boarding school will be available. For further information call 9473 7316 or visit www.loreto.nsw.edu.au

Mobile Blood Service – at Epping Baptist Church Wednesday 31st March 2 – 7pm and Thursday 1st April 10am – 3pm. On day of donation drink at least 4 glasses of water, eat a good sized meal and bring photo ID. Call 13 14 95 or visit donateblood.com.au

Epping North Vacation Care - Tuesday 6th to 19th April. Open from 7am to 6.30pm. Activities include Taronga Zoo and The Royal Easter Show. For more information call 9868 5690 or email enoshcp@bigpond.com.au Brochures are available from the school office.

Mercy Catholic College - Open Day 21st March 11am – 2pm. Meet the principal, teachers and students, see displays of work and class activities.

Premier's Reading Challenge

We have had a great response to children willing to accept the Premier's Reading Challenge for 2010. So far over half the school have signed up. What a great result. Our school becomes registered when a student enters a book on an online record. Many students have begun entering their reading records using their passwords from last year.



All new participants and those who do not have their usernames and passwords from last year will have them sent home hopefully by next week.

Enjoy your reading!

Mary Anne Jackson
Teacher Librarian

Dad's evening at Eastwood Rugby Club – 19th March

All school Dads are welcome to celebrate the new year with a get together at Eastwood Rugby Union Club on Friday evening 19th March at 7.30pm. It will be a good opportunity to get to know some of the new Kindy Dads, and also re-acquaint with those we already know.

This is not a dinner arrangement, although it is available if so desired. Please call Brian Maguire on 0417 423 418 if you need to discuss.

Healthy Family Boundaries

It is important for children to know who is in charge of the family. At the same time children need to feel that they have a voice within the family.



Getting the Balance Right

Parents often make the mistake of focussing too much on being in charge without listening to children. Others can allow children too much say in making decisions for the family when they are not ready for such responsibility. The right to discuss issues in the family naturally increases as a young person gets older, but young children can still have input.

Authority versus Democracy

The key to developing good boundaries is a balance between authority and democracy. As children grow up they are able to think things through in more detail and as a consequence might be able to contribute more to family rules and expectations. This is one of the rights that comes to children when they have the skills and responsibilities needed for the task at hand. It is the parent's task to assess when the child is ready to make more of a contribution.

Developing Values

The most resilient families develop broad boundaries that help children understand what is expected from them in the home, at school and in the community. These boundaries help children develop values about what is right and wrong.