

Holy Spirit Primary School



From the Principal

Dear Parents and Carers,

Resilience is the ability to 'bounce back' from life's difficulties. For many young people it is vital to help them develop resilience strategies that promote well-being and develop coping mechanisms. Many resilient teenagers are seen as resourceful and are emotionally and mentally balanced.

Andrew Fuller is a clinical psychologist, he describes resilience as "the happy knack of being able to bungy jump through the pitfalls of life – to rise above adversity and obstacles."

Tips for building resilience in children

1. Make connections

Teach children how to make friends and develop empathy. Encourage them to be a friend in order to get friends. At school, watch to make sure that one child is not being isolated. Connecting with people provides social support and strengthens resilience.

2. Teach children to help others

Children who may feel helpless can be empowered by helping others. Ask for help with a task they can master. At school, brainstorm with children about ways they can help others.

3. Daily routine

Following a routine can be comforting to children, especially younger children who crave structure in their lives. Encourage children to develop their own routines.

4. Take a break

Although it is important to stick to routines, endlessly worrying can be counter-productive. Show children how to focus on something besides what's worrying them.

5. Self-care for children

Teach child the importance of making time to eat properly, groom themselves, exercise and rest. Children need 'down time' to relax, so make sure that not all free time is filled with a scheduled activity.

6. Goals

Teach children to set reasonable goals and move toward them one step at a time. Moving toward that goal and receiving praise for doing so will focus children on what they have accomplished.

7. Nurture a positive self-view

Help children remember ways that they have successfully handled hardships in the past and how this can help them handle future challenges. Help children learn to trust themselves to solve problems and make appropriate decisions.

Term 3, Week 10

21 September 2016

Prayer 2KV

Mother Mary,

We pray that
you look after
Mrs Alexander
as she retires
from Holy
Spirit.

We ask that the
angels in
heaven guide
her as her new
journey begins.

Amen

Just a reminder to
parents that
summer uniform is
to be worn next
term

8. Be optimistic

Even when children are facing very painful events, help them look at the situation in a broader context. A positive outlook enables children to see the good things in life and keep going even in the hardest times.

9. Self-discovery

Change and tough times are often when children learn the most about themselves. Help children to see that this is a good time to find out “what they are made of.” Change can be scary for young people, help them to see that change is part of life.

10. Make home a safe haven

In high school, taunting and bullying can intensify – home should be a haven, especially as your teen encounters more freedoms and choices and looks to home to be a constant, safe and emotionally secure place in his or her life.

Writer Helen Splarn. Editor [Dr Ramesh Manocha](#). Source: [Andrew Fuller](#) Generation Next Website

Kind regards
Anne Hines
Principal

Morning Playground

Students are permitted to play with soccer balls from 8:20 – 8:35am. Unfortunately it is a children’s playground and although the children try to watch out for people walking through their games for safety reasons you are advised to use the Todd Row entry to minimise the opportunity for you or toddlers to sustain an injury.

Mufti Day

There will be a mufti day on Thursday 22nd September (last day of term). Children are to wear sensible play clothes and joggers. The fine will be a gold coin donation which will go towards our new playground equipment.

Partial Absences Raffle

Congratulations to the students who had no partial absences recorded against their names for a month. These children went in a draw for a raffle. The winning students were: Rosina (6), Terina-Grace (5), Connor (4), Noah M (3), Kirsten (2), Bol (1) and Antonio (K).

Term 4 resumes on [MONDAY 10th OCTOBER](#). Wishing you a happy and safe term break!

School Committee

Our Term 4 meeting will be held on Tuesday 18th October at 7pm in the school library. All welcome.

Assistant Principal

With the holidays before us you may be starting to think about how you keep your children entertained and busy. Sometimes the best part of a holiday is the part when you are not busy. Having the time at home to enjoy your own environment is good. Sleeping in, not having to rush out the door, having the time to let the children play with the toys and games they have at home is a treat.

There may be the chance to use some technology but remember to limit the use of devices. It’s interesting to read what the experts have to say on the matter. In his lecture ‘Managing Screen Time and Screen Dependency’ Dr Aric Sigman argues that “whether it’s Facebook, the internet or computer games, screen time is no longer merely a cultural issue about how children spend their leisure time, nor is it confined to concern over the educational value or inappropriate content – it’s a medical issue”.

Dr Sigman continues to discuss the relationship between screen time and sleeping disorders as well as the concerns around inactivity.

The recommended screen time varies according to the age of the child. Children between 5 and 18 should have no more than two hours a day. That would be difficult to police but the main point is that this two hours is the leisure time children spend in front of the screen. Parents need to decide on what screen time is suitable for their own children and make it part of a varied day and not the sole means of entertainment during the end of term break. So enjoy the spring weather and the company of your children.

Christine Figuero
Assistant Principal

Farewell from Mrs Alexander

This year marks for me, 45 wonderful years in the teaching profession. On the occasion of my retirement, I'd like to thank parents and carers for your support over the past 15 years here at Holy Spirit.

One of the wonderful things about being the Teacher Librarian is that I have the privilege of teaching every child in the school. It's been a pleasure to see the children grow as learners and foster a positive attitude towards school as a special place to grow and to be challenged.

I have so much to be grateful for, one of those things being the wonderful people I've come to know and appreciate through their assistance with Book Fairs, Book Club, and as book coverers. Thank you for your constant generosity over the years. It's meant more to me than you can possibly know.

As Religious Education Coordinator, I take with me many happy memories of liturgies and special prayer times together. I count it a real honour to have had some input into your children's faith development.

Thank you all for your confidence and support throughout these many years.

God bless and warm regards
Lorraine Alexander



*Congratulations to the following students who have received
Principal Awards*

Kindergarten:	Mikayla, Ethan, Emma, Ayden, Ava, Jayden
Year 1:	Bailey, Kiara Lynn, Luke, Ciara, Lucas, Uchechi
Year 2:	Saadet, Yannick, Carisma, Mashae, Lucas, Adrielle
Year 3:	Maya, Ashleigh, Jacinta, Jasmine, Aysha, Noah
Year 4:	Damon, Brooke, Mitchell, Jarred
Year 5:	Ben, Annaliese, Skye, Harry, Jack G, Jack R
Year 6:	Alexander, Sebastian, Jaymie, Shanmugan, Chad
Mercy:	Deelan (Year 3)
Attendance:	Leeshawn (Year 1) & Lynette (Year 3)

What's Happening at Holy Spirit....

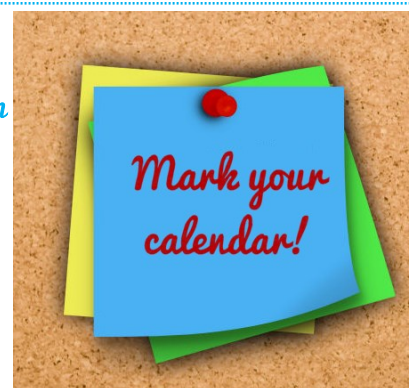
Thursday 22 September *Mufti Day - Gold coin donation*
Infants School Disco 4:30pm-6:00pm
Primary School Disco 6:30pm-8:00pm
Last day of Term 3

Friday 23 September *Staff Development Day*

Monday 10 October *Term 4 commences—Welcome back*

Tuesday 18 October *School Committee Meeting 7:00pm*

Wednesday 19 October *Year 5 Leadership Day - Blue Gum Lodge - Springwood*
Chess Tournament



Infants Sport Carnival

On Wednesday 7 September, the students in Year K, 1 and 2 participated in the Infants Sports Carnival at our school. The day involved the students taking part in a variety of physical activities, which provided opportunities for fitness, co-operation, problem solving and of course lots of fun! The children enjoyed the day and showed great sportsmanship.

Thank you to all the parents and grandparents who came to support their children and a special thank you to our wonderful parents who helped on the day. A special mention goes to our Year 6 students who showed wonderful leadership. The teachers are very appreciative of all the help on the day.



Community News

Riding for the Disabled Association (NSW) Nepean Centre
FAMILY FUN DAY
 facebook.com/rdansw.nepean/events
 & Variety Night
 1 pm to 9 pm
SATURDAY 1 OCTOBER
A day of family friendly fun and entertainment!

Exciting Riding & Horsemanship Demonstrations
 Pony Rides & Outdoor Games & Activities for Kids
 (Long pants & closed shoes essential)
 Cowboy & Cowgirl Dress-up Prizes!
 Live Music & Performers
 Idlewild Hot Rod Showcase
 Kick up your heels after dark
 with Live Bands & Dancing

\$15 Single
\$45 Family
 *2 adult & 2 children +
 \$5 each additional child

RDANSW NEPEAN CENTRE
 Lot 18 Samuel Marsden Rd
 Orchard Hills, 2747
 Tel: 02 9623 4173
 rdanepean@gmail.com

Tickets available 1 August
 rda-nepean.eventbrite.com.au

Better get your boots on!

Diocese of Parramatta
CatholicCare
 is here for you

Below are just some of the services we provide:

- Disability services under NDIS
- Keeping Kids in Mind and Rollercoasters – programs for separated parents and their children
- Cool Kids - a skills based program that teaches children (6-12yrs) and their parents how to better manage the child's anxiety
- Counselling services – for all stages and circumstances of life, including grief, gambling and financial counselling
- Triple P and other parenting courses
- Marriage counselling and support
- Natural Fertility Services

Contact us today
 ☎ (02) 8822 2222 🌐 www.ccss.org.au
 👍 us on 📺 CCSSParramatta

We run a number of other social services in the community which include

- Family Daycare
- Refugee Settlement Services
- Homelessness service for teen mothers
- Indigenous community hub
- Volunteer based service for the elderly

We have created **www.inspir8.com.au** which aims to inspire, reassure and encourage primary age children in Years 3 – 6

OFFICE LOCATIONS: Blacktown, Emerton, Orchard Hills, Parramatta, Penrith, Springwood

HOLY SPIRIT PARISH
 invites you to the celebration of the 2016 Feast of
Our Lady of the Holy Rosary

Wed 28 September, 7.30pm
MARIAN TALK
Speaker: Sr Maria Lirio Guillermo, AR

6-14 October, 7.30pm
NOVENA

Thu 6 Oct, Mauritius
Fri 7 Oct, India
Sat 8 Oct, Malta
Sun 9 Oct, Youth
Mon 10 Oct, South Africa
Tue, 11 Oct, Philippines
Wed 12 Oct, Australia
Thu 13 Oct, Sri Lanka
Fri 14 Oct, Pacific Islands

Sat 15 October
5pm, Block Rosary
6pm, Mass
 followed by dinner,
 entertainment and raffle

ALL WELCOME!!!

Term 4 commences
Monday 10th October

Have a safe break to all
our families.

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