Greetings,

Fr John Frauenfelder’s Words of Wisdom on this week’s Gospel: Trinity Sunday

When Jesus encountered the eleven disciples on the mountain in Galilee, he said to them, “I am with you always, until the end of the age.”

We are still pondering that statement. What did Jesus mean by “the age”? Most of the early Christians had their bags packed, hoping that Jesus would come at any moment.

Today, as we continue to wait in joyful hope, we live through the various ages of our lives and wonder when Jesus is coming. But after we die, we will know the full story.

Year 4 Family Mass / Pentecost Sunday

On Sunday we celebrated the gift of the Holy Spirit; Pentecost which coincided with our Year 4 Family Mass. It was lovely to see many children from St Patrick’s (not just Year 4) at the Mass. After Mass, our Parish community processed through East Gosford with the Blessed Eucharist as an outward expression of our love of Christ.

On Monday we celebrated the Feast of Our Lady Help of Christians, Patroness of Australia. The children reflected on Mary as a Queen and a Mother to us all. Thank you for everyone who joined us to celebrate.

Reconciliation

Last Wednesday our Parish held the Parent Information Session for the Sacrament of Reconciliation. This week classes begin for children on both Wednesday and Thursday evenings.
What’s happening

- Next week (Week 7) all of our students will partake in Adoration of the Blessed Sacrament.
- In Week 8 our Year 4, 5 and 6 students will receive Reconciliation in the Church.
- On the 21st June Year 3 will have their Family Mass with the Parish. A note will be sent home shortly.
- We are postponing our scheduled Grandparents’ Day Mass until Term 3. This was originally scheduled for the last day of this term. A new date will be provided shortly.
- Our St Vincent de Paul Winter Appeal has kicked off. Please send in new or used blankets, jumpers, scarves and beanies!

May Christ’s peace be with you all!
Jacqueline Fletcher

FROM OUR PRINCIPAL............

P & F Meeting

Last night we had a small but very interested group attend the second term Parents and Friends meeting. The new format saw all reports tabled and time offered to read over the reports by the attendees. Following the tabling of reports and any questions answered the information part of the evening began. Last night saw the area of Social Media investigated. A survey was recently conducted on Years 3-6 students at St Patrick’s regarding their social media usage. The results themselves were quite alarming but the investigation into the different media tools and what they can do was a real eye opener. In the newsletter today is an overview of the night. I would like to take this opportunity to thank Mrs Rigney for all her hard work in conducting the research and presenting such an informative evening.

Athletics Carnival

As you are aware the athletics carnival had to be cancelled due to the inclement weather. It has been postponed until 12th June. We still need many helpers to assist with the running of the day. If you are able to assist on the day please make sure you inform the school.

Communication

One of the things that I pride myself on as the principal of the school is to have open and honest communication between home and school. We do welcome any communication to the school office and leadership team. We understand that at times decisions will be made that you may not agree with or like. On these occasions you are more than welcome to question the decision in a respectful manner by writing a letter, email or making a phone call to clarify the decision making process. It does however make it rather difficult to address any concerns raised if the communication does not have a name on it or is anonymous. Therefore any communication that is not signed unfortunately cannot be actioned upon. I look forward to continuing the open communication into the future.
Over the Counter Medication
We understand at times that children require medication administered at school. It is rather difficult for the school staff to be able to do this as we are required to follow system policies which are summarised below. In a great majority of cases medication can be administered immediately prior to school and then immediately after school. Perhaps this is one way parents can deal with this issue. Thank you for your cooperation with this.

Over the counter medication including analgesics or homeopathic preparations must not be administered by school staff unless a written request is received from the student’s parent and is accompanied by written advice from a medical practitioner with the medication in the original labelled container. The exception is reliever puffers for the emergency treatment of asthma.

Healthy Food
Enclosed in this week’s newsletter is a survey to ascertain children at St Patrick’s Healthy eating. Please take the time to fill the one page diary sheet (front and back) so that the findings can be shared in the coming months. A healthy child is a child who will learn well. Note the survey needs to be completed by 15th June.

Kindergarten Enrolments 2016
It is vital that any present families, who have a Kindergarten child starting next year, contact the office as soon as possible to get an enrolment form and return it so that we can set up an interview and screener time. If you know of someone who has a child ready for school please let them know enrolments are now being taken. Enrolment forms were due back today so it is important to return forms ASAP.

Coming Up
4th June Rugby League Gala Day
11th June Year 2 excursion
12th June School Athletics Carnival
15th June Year 5 excursion
16th June CCC Soccer Gala Day—Stage 3
17th June Year 1 excursion
19th June Staff Development Day – No children at school
24th June Reconciliation 7pm
26th June Last day of Term 2
13th July First day of Term 3

Regards,

Paul Toomey, Principal
SOCIAL MEDIA, THE INTERNET AND KEEPING OUR KIDS SAFE ONLINE

Last night we held Parent Information Session as part of the new format of P&F Meetings to provide parents with “education” sessions on relevant and current topics. This session followed an anonymous survey of children in Years 3-5 in our School on what they do online and apps etc that they use. It offered resources and ideas for parents and carers to help keep their children safe online and when using social media. One of the areas discussed was cyber-bullying – a useful acronym to remember is I-CURRB”

Investigate what your child is doing online

Communicate with your child

Use family safety software to keep track of what your children are doing online

Research your Internet Service Provider’s (ISP) and online applications and site policies on cyber-bullying

Report cyber bully

Block communications from cyber-bullies

Below are the links to some great websites with resources for children and parents. One simple idea is to visit the Cybersmart website, click the page for the age child you have and together work through the questionnaire – it’s a great way to start a conversation with your child about how to stay safe on line and see exactly what they know in this area as opposed to what they “think they know”!

www.cybersmart.gov.au
www.thinkyouknow.org.au
www.staysmartonline.gov.au

Renee Rigney
Year 5 Teacher

ARE YOU LOOKING FOR WAYS TO KEEP UP TO DATE WITH WHAT'S HAPPENING AT SCHOOL?

Embracing the social media platform - St Patrick's has created a new Facebook page as a way for parents and families to keep up to date with what is happening at School. Whilst recognising the importance to provide a range of communication tools to families, especially one which can be utilised for quick and efficient communication, it is important to also stress that this platform be used responsibly. The School Facebook Page has been set up as a one way communication tool that will be updated with general whole school reminders, quick snippets and interesting information for parents and families, events taking place in your school community and lots more! Simply search for St Patrick's Primary East Gosford in Facebook and "like" the page for up to date reminders. If you don't have an existing Facebook account, you will need to create one first! It is vital that all parents please be mindful of making any comments about School on any social media platforms and model responsible online etiquette to our students, your children.
From the P&F …

- **Athletics Carnival lunch orders** (take 1) – with the wet weather postponing the carnival last week, we were still needed to provide the children with their lunch packs. We thank Bob Lannigan for organising the sausages, the wonderful Trinh Family for donating the bread and Sally Brown from Masterfoods supplying the sauce. And we give a BIG thank you to a group of a dozen or so mums and dads who braved the wet weather to cook and serve lunch and canteen snacks!

- **Athletics Lunch Pack orders** (take 2!) – need to be back at school by **FRIDAY 5 JUNE**. To ensure we order the correct amount of food, please assist us in getting your orders in on time. Volunteers are collating the orders and would appreciate your assistance in not sending in late orders. Thank you.

- **Diocesan Parent Council Rep** – at this stage we do not have a DPP for our school. If you would like to fill this role and attend the once a term meetings held for the Central Coast Cluster, we would love to hear from you. The next meeting in next week – Wednesday 3 June at OLR, The Entrance at 7.00pm. Your role would be to attend the meeting on behalf of our P&F and then update us at the next meeting. If interested, please contact Michelle at

---

**Kids Matter**

How can you make yourself “redundant” as a parent?

Why do we do everything for our children? Often it is to make ourselves feel we are a better parent, but if we act as a "teacher parent" we let children learn to “self regulate” and build character, resilience, confidence, competency, self mastery and creativity along with the ability to solve things for themselves. We should be the gate keeper of our children’s independence - look for ways to give your children more freedom to be independent. Start by giving them simple choices between two things and build up from there!

**Top 5 things to promote in children:**

1) Do things on their own
2) Autonomy - give them some say in what they do / how they do things. Gradually build it up, give them a choice between a couple of things.
3) Responsibility - don’t pay your children to help around the house, this teaches them an attitude of "what’s in it for me" as opposed to "what’s in it for we". Develop in them an expectation to contribute and help.
4) Create an unpredictable environment - especially for girls, there is a correlation between those who spend a lot of time outdoors and having more confidence when they are older. Don’t create all their environments.
5) Resolving problems - leave some stuff for them to solve, don’t always jump in and try to solve everything for them.

For some great tips and ideas, subscribe to Michael Grose’s Happy Kids email newsletter at parentingideas.com.au or search for the “Parenting Ideas” Facebook page.
**Premiers Reading Challenge**

Many children are taking on the challenge again this year. Remember to borrow Premiers Reading Challenge books from our library on your Library day. The PRC number is located inside the book. Complete your Reading Log as you read each book and return it to me when you have finished so that I can log your books on the Premier’s Reading Challenge website.

We also have our first finishers, CONGRATULATIONS to Harry Cockerton, first finished on the Infant’s side and Xavier De Silva, first finished on the primary side. Well done boys. Happy Reading everyone!!!!!

**National Simultaneous Storytime**

This week every class enjoyed participating in National Simultaneous Storytime. National Simultaneous Storytime is held annually by the Australian Library and Information Association. Every year a picture book, written and illustrated by an Australian author and illustrator is read in libraries, schools, pre-schools, childcare centres and bookshops around the country. By participating in National Simultaneous Storytime we aim to promote the value of reading and literature, promote the value and fun of books and promote an Australian writer and publisher.

This year’s book was “The Brothers Quibble” by Aaron Blabey. A book all the children with brothers and sisters could relate to.

*Carmen Hartz*
Teacher Librarian

---

**COMMUNITY NEWS……………**

Eden McIntosh from 1G has lost her sports jacket and sports hat.

Can you please check any items of clothing you have at home in case they were picked up by mistake.

---

**SCHOOL BANKING**

**PLEASE SEND YOUR BANK BOOK IN ON WEDNESDAY**

School banking award winners for this week:

*Ryan White & Sophie Holliday*

Thank you for supporting the School Banking program at St Patricks!
FROM THE RECORDER CLUB with Mrs Suzie Morris

A number of students in our Recorder Club achieved their next belt this week - they should be very proud of their efforts and their hard work paid off as they demonstrated how they could play songs accurately. I was looking for correct notes, timing in terms of rhythm and also correct technique. Well done!

FROM THE MUSIC ROOM with Mrs Suzie Morris

Junkyard Orchestra Schools Challenge:

Erina Fair (Lend Lease) has developed the Junkyard Orchestra Schools Challenge to engage and inspire students across the Central Coast both in musicality and sustainability. They have teamed up with the Central Coast Conservatorium of Music and the Central Coast Symphony Orchestra to develop the program, mentor teachers and work with schools.

Participating school create instruments from recycled and re-purposed materials, explore the sound/s they make and different ways of playing them. We then compose a short piece of music for a performance at Erina Fair in September.

The focus of the challenge is exploring sounds, creating music and playing together - the performance is simply the ‘cherry on top’ to show off all our hard work!

I would love to have every student at St Patrick’s involved in the program however we need to start small so Year 2 classes will be participating in this year’s challenge.

To showcase this journey we will be creating a weekly blog with photos and video so everyone in the school community can stay informed of how we are going. We will let you know the details and blog address when it is up and running.

More information or to check out the 2014 Challenge visit: www.junkyardorchestraschoolchallenge.com
We are looking for Volunteers for the 2015 School Year. We need Volunteers to ensure canteen will remain open during the year.

If you can help out we would love to hear from you. If you have a date in mind, let us know and we will slot you in.

Contact Adrienne on 0414 509547 or mrspraz@gmail.com if you would like to volunteer. Mrs P is contactable anytime, so check your 2015 calendar and if you have a date in mind, even if its months away, let her know your availability.

---

**TERM 2, 2015**

<table>
<thead>
<tr>
<th>DATE</th>
<th>INFANTS</th>
<th>PRIMARY</th>
</tr>
</thead>
<tbody>
<tr>
<td>WEDNESDAY 3rd June</td>
<td>Marcus Hams</td>
<td>Hayley Lanham</td>
</tr>
<tr>
<td>(Recess only 9.30am -11.30am)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>FRIDAY 5th June</td>
<td>Angela Stitt</td>
<td>Hayley Lanham</td>
</tr>
<tr>
<td>(ALL Day – 8.15am – 2.00pm)</td>
<td>Nicole Cleary</td>
<td>Jane Farrugia</td>
</tr>
<tr>
<td>WEDNESDAY 10th June</td>
<td>David Owen</td>
<td>Hayley Lanham</td>
</tr>
<tr>
<td>(Recess only 9.30am -11.30am)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>FRIDAY 12th June</td>
<td><strong>ATHLETICS CARNIVAL REFER TO SEPARATE ROSTER</strong></td>
<td><strong>ATHLETICS CARNIVAL REFER TO SEPARATE ROSTER</strong></td>
</tr>
<tr>
<td>(ALL Day – 8.15am – 2.00pm)</td>
<td><strong>Issued 5th June 2015</strong></td>
<td><strong>Issued 5th June 2015</strong></td>
</tr>
<tr>
<td>WEDNESDAY 17th June</td>
<td><strong>HELP NEEDED</strong></td>
<td>Hayley Lanham</td>
</tr>
<tr>
<td>(Recess only 9.30am -11.30am)</td>
<td><strong>0414509547</strong></td>
<td></td>
</tr>
<tr>
<td>FRIDAY 19th June</td>
<td><strong>HELP NEEDED</strong></td>
<td>Hayley Lanham</td>
</tr>
<tr>
<td>(ALL Day – 8.15am – 2.00pm)</td>
<td><strong>0414509547</strong></td>
<td>Adrienne Prazauskas</td>
</tr>
</tbody>
</table>

---

If you have dates in mind for this Term (2), please contact Michelle on michellecormack@bigpond.com or 0408 412 408
### Athletics Carnival 2015 Canteen Roster

<table>
<thead>
<tr>
<th>TIME</th>
<th>VOLUNTEER</th>
<th>VOLUNTEER</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00am – 9:30am (Set-up)</td>
<td>Michelle Cormack</td>
<td>Patti Cox</td>
</tr>
<tr>
<td>9:30am - 10:30am</td>
<td>Tracy Wood</td>
<td>Julie Hartel</td>
</tr>
<tr>
<td>10:30am – 11:30am</td>
<td>Nan Moffat</td>
<td>Belynda Vassallo</td>
</tr>
<tr>
<td>11:30am – 12:30pm</td>
<td>Janelle Campbel Taylor</td>
<td>Sonia Costa</td>
</tr>
<tr>
<td>12:30pm – 01:30pm</td>
<td>Jane Minehan</td>
<td>Zhen Yu</td>
</tr>
<tr>
<td>01:30pm – 02:30pm (Pack-up)</td>
<td>Michelle Cormack</td>
<td>Patti Cox</td>
</tr>
</tbody>
</table>

### Athletics Carnival BBQ/Lunch Roster

<table>
<thead>
<tr>
<th>TIME</th>
<th>VOLUNTEER</th>
<th>VOLUNTEER</th>
</tr>
</thead>
<tbody>
<tr>
<td>BBQ COOKS (9:30am-11:30am)</td>
<td>Phil Owens</td>
<td>Kass Mansell</td>
</tr>
<tr>
<td>SAUSAGE SIZZLE (Serve Children Lunch from 11:30am onwards)</td>
<td>Jane Farruja, Rose Werder, Katie Ercan</td>
<td>Katie Talbot, Kate Habgood</td>
</tr>
<tr>
<td>Serve Staff/Volunteer lunches</td>
<td>Rachael Brady</td>
<td>Julia Conroy</td>
</tr>
</tbody>
</table>

* If you are unavailable to assist on the rescheduled Athletics Carnival date of Friday 12th June, please let Michelle Cormack know ASAP on 0408 412 408 or michellecormack@bigpond.com
Dear Parents,

As you are aware a survey was distributed recently about the concerns of your child’s nutritional diet. A parent at the school, Mrs Sylvia Smart organised this survey and would like to thank the parents who participated and filled out the survey. However, due to the low percentile rank of completed recorded surveys, she was unable to conclude the final results.

Therefore, she is asking you again to please fill out these surveys as they benefit your child. With more completed surveys she will be able to assess the school’s and your child’s nutritional intake over the course of the week. Following this she will present her results and draw up a conclusion whether your child is healthy or not.

If you would like your child to be observed please fill out the attached diet sheet and return to school by 15th June.

If you have any questions, feel free to contact Sylvia on 0478 107 777 or email info@purenaturelife.com.au

Paul Toomey
Principal
Date ____/____/2015

NAME:________________________________________________________________(OPTIONAL)

AGE________________

GIRL            BOY   (circle)

LIVE WITH          MUM        DAD    (circle)                           OTHER ________________________________

PARENTS EDUCATION: (circle)

SCHOOL AND LOW

TAFE/COLLEGE COMPLETE

UNI OR HIGHER COMPLETE

FINANCIAL  STATUS (circle)

Minimum

Higher than minimum

Note from parents:  if you child has health issue such as eczema, asthma, digestive disorder and etc.

Thank you for help collect data for “Malnutrition Kids in Australia”
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Recess</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lunch</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>After School Snacks</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dinner</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Desert</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Water/daily (glasses or ml)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Thank you for help collect data for “Malnutrition Kids in Australia”
Interested in learning the guitar or keyboard at St Patricks through private/group tuition?

We have a number of music tutors that visit St Patricks to hold one-on-one and group lessons for students.


For more information on guitar lessons call **Mr Steve Smiley** on: 0410 039 556

*Guitar* through **private tutor Greg Taylor**: call Greg on 0405 359 840 or at **bbks@bigpond.com**