St. Patrick's Parish School

THE EDUCATIONAL MINISTRY
OF ST MICHAEL'S PARISH
IN TRUNDLE

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admin.trundle@wf.catholic.edu.au

St. Patrick's School is a welcoming Catholic Educational Community that celebrates the individuality of each of its members and fosters in our students the courage to know, seek and live the truth as global citizens.

In partnership with parents and the Parish Community, we offer Jesus as the model and means of life.

Term 3 Week 1, 21st July 2020

Dear parents and friends,

Welcome to Term 3! I hope that as the term progresses we will gradually get back to the usual routines of our school life, full of lots of opportunities for engaging learning, in and out of the classroom. We are still required to follow strict social distancing and hygiene routines. As the letter from Mr Anthony Gordon last week highlighted, the Covid-19 situation is still unfolding and still being closely monitored.

This term we welcome Mr Michael Somers to our staff. Michael will be working with us on a Thursday, teaching the K/1/2 class. Michael is a very experienced teacher. He has spent the last 10 years working at Holy Family Parish School, Parkes. Michael will be replacing Mrs Elise Nixon, who is now on maternity leave in preparation for the birth of her baby. We wish Mrs Nixon and her family all the best as they await this special event.

Even with Covid-19 restrictions, we have some special events planned for this term. We have a special week planned in Week four to celebrate NAIDOC Week. Mr Mark Saddler, a Wiradjuri man from Wagga Wagga will be working with the students on the Tuesday and we hope we may also be able to invite families to join us. In Week five of this term St Patrick's School will be hosting the Central Cluster Principals Meeting. This will be a very important opportunity to showcase our school and the wonderful learning that takes place here.

We will soon be taking enrolments for Kindergarten for 2021. We will hold an Information Afternoon next Monday, 27th July, to start the process. The meeting will be held in the School Library, commencing at 2.00pm. Social distancing protocols will apply. If you know any families wishing to enrol their child at St Patrick's Parish School in 2021 please pass this information on.

There will be no school Mass this Thursday. We will have Mass with Fr Vincent in Week 2, Thursday 30 July. Mass will continue to be held in the Church, with the appropriate social distancing protocols.

Please remember, that if you have any concerns or questions regarding your child or the daily routines of the school, staff are always happy to assist. Call the School Office between 8.30am and 3.30pm to ask a question or make an appointment to meet with your child's teacher.

God's blessings,
Mrs Trish Cleal, Principal

Let us pray that the light of Christ will always guide us. Do not let us stray from the right path, O Lord, we pray, but help us follow the way of the Gospel. Through Christ our Lord. Amen.

Students of the Week

TERM 2 WEEK 10 AWARDS

INFANTS
Peyton Stevenson
for her stimulus writing and illustration.

PRIMARY
Angus Quade
for describing his use of and the relationships between fractions and decimals.

SPORT
Esther Williams

Kindergarten info session

MONDAY, 27 JULY

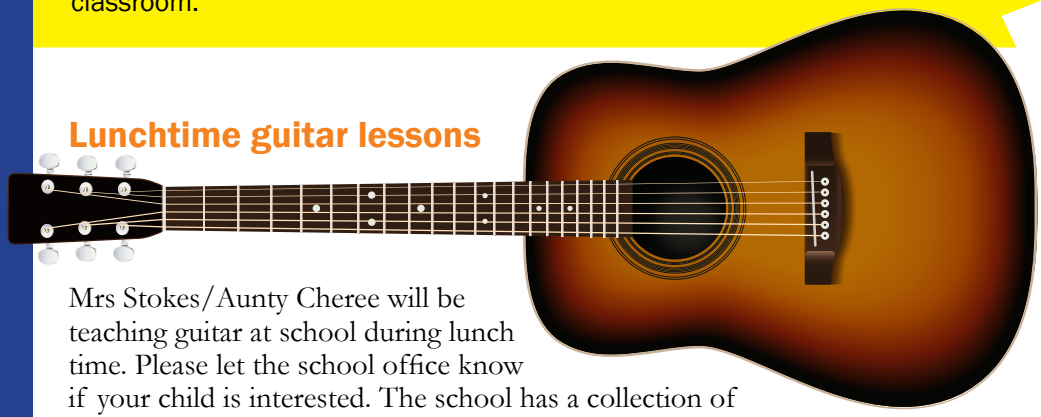
2pm in school library

Enrolment forms are available from the school office.

FRUIT BREAK AT ST PAT'S

Giving students the chance to re-fuel with fruit or vegetables and water in the classroom helps to improve physical and mental performance and concentration in the classroom. At St Pat's we have two Crunch&Sip breaks each day at 10am and at the end of lunchtime play, as we re-enter the classroom.

Lunchtime guitar lessons



Mrs Stokes/Aunty Cheree will be teaching guitar at school during lunch time. Please let the school office know if your child is interested. The school has a collection of guitars ready to use, but if you have your own your child can bring it along.

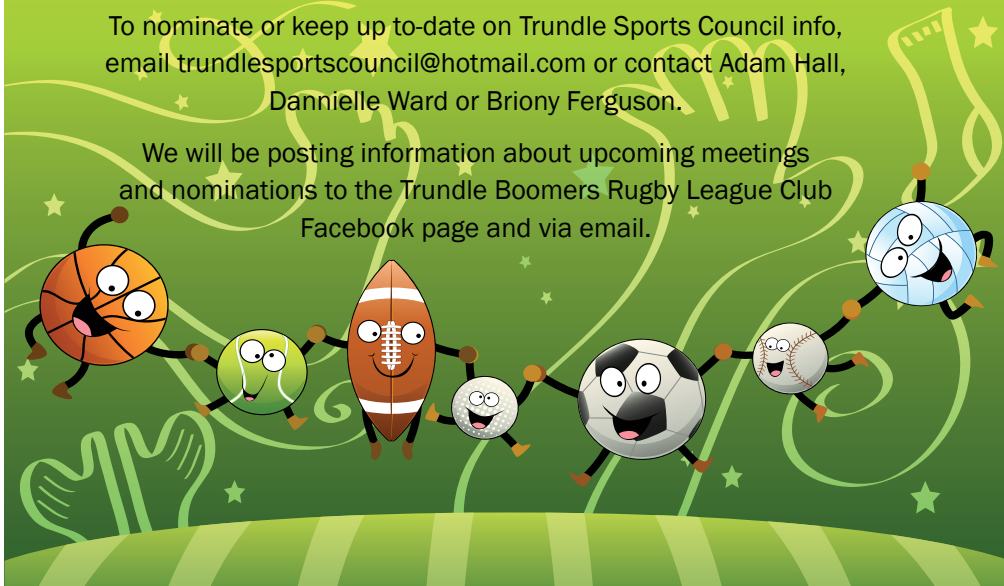
Trundle Sports Award Nomination

EACH MONTH THE TRUNDLE SPORTS COUNCIL ASK FOR NOMINATIONS FOR THE TRUNDLE SPORTS AWARDS.

Name/Group, Sport/Activity, Why (just a few words)
Awards will be presented at the Australia Day Event in January.

To nominate or keep up to-date on Trundle Sports Council info, email trundlesportscouncil@hotmail.com or contact Adam Hall, Dannielle Ward or Briony Ferguson.

We will be posting information about upcoming meetings and nominations to the Trundle Boomers Rugby League Club Facebook page and via email.



Bishop Columba visits St Pat's

On the last Thursday of Term 2, we had a visit from our Bishop Columba and his good friend Bishop Umbers from Sydney Diocese. Both bishops talked with the students, told stories, asked questions and answered all manner of enquiries about their lives, their calling and even their wardrobe!

Bishop Columba stayed with us taking the mass and giving a homily on Matthew 9:1-8; Jesus healing the lame man, which was thoroughly enjoyed by all present.

Important dates

MONDAY
27 JULY
Kindergarten info session
2pm in school library

FRIDAY
4 SEPTEMBER
Pupil free day

Thursday Mass

NO MASS THIS WEEK!

Thursday Masses and Liturgies are held in St Michael's Church each Thursday at 12 noon.

Everyone is welcome to attend, following social distancing.

MAKING JESUS REAL

MJR Award

Lachlan Skipworth
for working to build relationships with others

P+F news

ST PAT'S COOK BOOK

The cookbook is now being printed – which means we'll soon have them in our hands!

Cook is filled with over 215 recipes and lots of drawings and photos featuring every one of our students.

The cookbook order form is attached to this newsletter.

Did you know?

Remember to keep updating your Compass app as new functions are being added all the time!

Your **School Fee** balance can now be viewed via your app.

Click/access your compass app/Home button/School Fees/this will show your account balance

Payments can also be made via the app by clicking the **action required** button. Then follow the prompts.

Stimulus writing

Here are some examples of our Stage 1 students' written response to literature.

Marcus: The enormous ugly troll is washing his feet in a small, round bowl. The purple bat is disgusted by the ugly troll's stinky feet. The small, purple bat has a brown peg on his nose. The ugly troll is inside a big stinky cave washing his feet.

Isabella: The little purple bat is washing the troll's smelly feet. The little purple bat has a peg on his nose. He is washing the feet in a bowl with green liquid.

Daniel: One day a troll charged into the cave and he looked very mad. He made the bat do his feet.

Sarah: The monster has big, ugly, smelly feet. The monster said, "Wash my feet!"

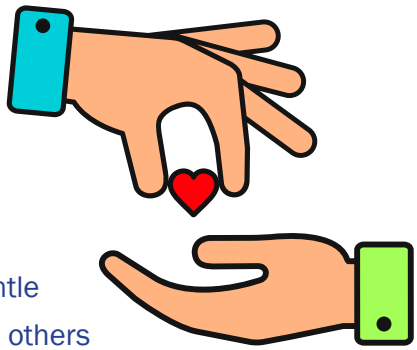
Harry: The enormous, ugly troll is getting the purple, disgusted bat to clean his ugly feet. The troll has gigantic, smelly feet that have giant pimples.

STUDENT AMBULANCE COVER CONDITIONS

Student Ambulance Cover applies to transportation following a student accident, not an illness or medical condition. School policy is to call an ambulance in the event of a serious injury or illness (eg severe asthma attack, anaphylactic reaction, seizure etc). If your child has a pre existing medical condition that falls into this category, please be aware that the cost of the ambulance may be at the parent's expense if you do not have family ambulance cover.

Making Jesus Real (MJR)

Be a Happy Chappy



Cheerful Friendly Smiling Humble
Good listener Volunteer Giver Helpful
Generous Thinks of others Kind
TUP: Tolerant, Understanding, Patient
Forgiving Grateful for favours done Gentle
Encourages others Honest with self and others

Parish Mass Times

ST MICHAEL'S TRUNDLE
Sunday, July 26 @ 10am

ASSUMPTION TULLAMORE
Sunday, July 26 @ 8am

ST PATRICK'S SCHOOL
COOKBOOK

Order yours today!

OVER 215 RECIPES • QUALITY PRINTING IN FULL COLOUR • ALL STUDENTS FEATURED

PAYMENT OPTIONS Email order form to: stpatscook2020@gmail.com

☐ Cash ☐ Cheque (made out to St Patrick's P & F) ☐ Direct debit

Account: St Patrick's School P & F BSB: 802 884 Account no.: 9041714 Reference: surname

Name: _____ Phone: _____

Address: _____

Number of books ordered @ $30 each: _____ ☐ Postage required

Books will be available mid-August to be collected from the school office or at the book launch.
If postage is required, please add $10 per book. No orders will be taken without payment.

TRUNDLE

2020 MEN'S OPEN GOLF TOURNAMENT SAT 8TH & SUN 9TH AUGUST

SAT 8th : 11.00 for 11.30 tee off

OPEN MEDLEY (men and ladies) 4BBB 18h

$10 per player

SUN 9TH: MEN'S OPEN TOURNAMENT

A, B, C GRADES

TEE OFF FROM 9.00

INCLUDED- BREAKFAST FROM 7.30 AND LUNCH

ENTRY FEE $40 JUNIORS $20

Due to Covid-19 restrictions tee off times for

Sunday

will be allocated.

Please register by Tue 4 Aug with name, golflink number and playing buddy to

Sam Bolam 0447 124 055

or Adam Hall 0478 132 848

Enquiries to Sam or Adam

COVID-19 restrictions apply

TRUNDLE GOLF CLUB

Sat July 25

Arthur Pike Day

4BBB+ individual

Kindly Sponsored by

Bill Tomlinson & Sandy Stevenson

Contact Sam Bolam

0447 124 055

by 5pm Friday 24 July if playing -for tee off time

COVID-19

RESTRICTIONS APPLY

Contact a Committee Member for more details

A GREAT PLACE TO GROW;

- **spiritually,**
- **academically,**
- **physically, &**
- **emotionally**

KINDERGARTEN ENROLMENTS OPEN!

ST PATRICK'S PARISH SCHOOL TRUNDLE

More than just a great education, give your child the BEST START!

Contact St Patrick's Parish School on (02) 6892 1073 to order your child's enrolment package, and we will arrange to post it out to you.

St Patrick's Parish School has been providing education in Trundle for 96 years and we certainly have a bright future. We continue to provide a choice of a quality, faith-based education for the families of Trundle.

At St Patrick's Parish School, your child will be part of a nurturing community-minded school, promoting a positive, safe and supportive learning environment.

New students will attend ORIENTATION SESSIONS over 5 Tuesdays during Term 4.

Follow us on facebook @ St. Patrick's Parish School Trundle NSW Parents And Friends

St Patrick's
Parish School
1 Austin Street,
TRUNDLE NSW
www.wf.catholic.edu.au

For further information contact:
PH: (02) 6892 1073
Email: principal.trundle@wf.catholic.edu.au

Learning Difficulties Coalition NSW Inc.

July 2020

LDC Regional, Rural & Remote Schools E-Update

JULY ARTICLE

Exercise Benefits for ADHD

Exercise, along with other supports, is all part of the multi-disciplinary approach to treating ADHD.

Exercise is not only beneficial for ADHD students, but for others as well. Teachers can encourage the whole class to stop and have an exercise break during the day to increase every student's ability to learn and maintain focus. Getting outside in nature also helps learning - "The more green - the more gleaned!"

Exercising "boosts the brain's neurotransmitters" - which children with ADHD are low on. These chemicals allow the brain to make "stronger connections" which in turns helps with learning.

The benefits of exercise only last a few hours, so regular opportunities during the day are essential. Even allowing the ADHD student to run an errand, do some push ups, etc. This quick burst of energy will help to sustain learning longer.

"Exercise turns on the attention system, the so-called executive functions - sequencing, working memory, prioritising, inhibiting, and sustaining attention" *Spark: The Revolutionary New Science of Exercise and the Brain, by John Ratey.*

As the opportunity to exercise for ADHD students improves their ability to focus and concentrate in class as the day progresses, it is imperative that they not be kept in during recess or lunch. By doing so, the teacher is only creating a situation where the student is less able to focus and maintain concentration. If a consequence is required for a behaviour, consider a lap of the oval instead.

SPORT AND ADHD

It's important to combine exercise with 'cooperation rather than competition' so that it is a positive experience.

Coaches should remember the following with ADHD students:
- Ensure the ADHD child is in an active position
- Give them a job when they aren't playing
- Change the warm up sessions / training drills regularly to maintain interest

Newsletter Excerpt "Exercise Benefits for ADHD" References: "Daily Exercise Ideas for Kids with ADHD", "Exercise: An Alternative ADHD Treatment Without Side Effects" & "Game On: Picking Sports for ADHD Children" by Additude Editors www.additudemag.com , "Why Not Choose Health?" by Dr Robert Brooks, October 2014 Newsletter

Have you read this article.. Children lost between the lines long before high school: https://fivefromfive.com.au/blog/children-lost-between-the-lines-long-before-high-school

Have you seen this book... **He's Not Naughty! A Children's Guide to Autism**, by Deborah Brownson. Available from www.thenile.com.au $22.25. Fed up of everyone not understanding her friend Jake, Taryn explains autism, and why Jake isn't naughty!

Have you watched this on You Tube: Our Dyslexic Children - 2020 Premiere https://www.youtube.com/watch?v=oJ7xa6meD2Q&feature=youtu.be&fbclid=IwAR3UuON6cw2UghoNFN9xjBtNnVLW4BjcwM9Lpi8Or3_M18dTdmgIYsJE3Ow

Learning Difficulties PARENT HelpLine

02 9806 9960

PO Box 140 Westmead 2145

info@ldc.org.au

www.ldc.org.au

Please contact the LDC office if you would like Helpline brochures/posters for your school.

MEMBERSHIP COSTS

1 year School M'ship $55
3 year School M'ship $150

MEMBERSHIP BENEFITS INCLUDE:

- A Quarterly Newsletter
- Fortnightly Member Updates relating to LD
- Discount on LDC resources
- Discount on entry to LDC seminars

RESOURCE HIGHLIGHT

MAINSTREAMLINING

A collection of field tested strategies to help make the mainstream classroom more successful for learning. By R Lavoie.

$10 for LDC members
$15 for non members
+ P/H (see website)

See www.ldc.org.au for details

The information herein is provided on the understanding that the Learning Difficulties Coalition Helpline is NOT providing professional advice and services. The information herein provided is NOT to be used as a substitute for professional, medical, or clinical advice.

St Patrick's School Trundle

Covid-19
Term 2 Return to School Learning
Health and Safety Protocols

Hygiene	

Hand washing is the most important defence in stopping the spread of infection.	• Students will wash their hands thoroughly with soap and water, for at least 20 seconds;
	  ○ On arrival to school
	  ○ Before and after eating
	  ○ At the end of each break
	  ○ After toileting
	• Hand sanitiser will also be made available in every occupied room and used when soap/water are not available.
	• Any adult entering the school must do so via the School Admin Office and use the hand sanitiser provided.

Respiratory hygiene:	• Students must cover coughs and sneezes with elbow or arm or using a tissue and disposing of it immediately. • If a student coughs or sneezes onto a surface, the surface will be cleaned immediately with disinfectant. • Students will be taught to avoid touching their face, especially eyes, nose and mouth.
Food and drink: There can be **NO** sharing of food or drink amongst students	• Students will need to **bring their own fruit** for Fruit Break. • **The bubblers will be closed.** The school will have some water bottles for students if they forget to bring one from home. That bottle will remain at school. • There will be **no shared birthday cakes/cupcakes.**

First Aid/Sick Bay:	● ***Students who are unwell cannot remain at school.*** ● Staff will use appropriate PPE (gloves, apron, mask) when dealing with any blood or bodily fluids. ● Staff will use non-contact thermometers to take temperatures.
Environmental Cleaning	
High touch classroom surfaces: doorknobs, benchtops and desks	● These surfaces will be sprayed with hospital grade disinfectant and water solution ○ During recess and lunch breaks ○ At the end of the school day
High touch areas in toilets: cisterns, taps, doorknobs	● These surfaces will be sprayed with hospital grade disinfectant and water solution ○ after recess and lunch breaks ○ At the end of the school day
Outdoor lunch seats, handrails and playground equipment:	● **The playground equipment will be closed** ● Lunch seats and handrails will be sprayed with hospital grade disinfectant and water solution ○ after recess and lunch breaks
Social Distancing	
Dropping Off and Picking Up students	● Parents cannot walk into the school grounds when dropping children off in the morning. ● Parents can only come to the School Admin. Office. ● Parents must avoid gathering in groups when collecting their students after school.