At ST PATRICK’S SCHOOL Out of School Hours Care (OSHC) Programme
Before School from 7.00am & After School until 6.00pm
We provide a variety of educational and fun activities including: games, sport, art and craft, cooking, video games and books to read. Healthy after school snacks provided.
Phone or drop into the school front office. Ph: 8445 1400 – St Patrick’s OSHC Coordinator

Food for School
Often it is hard to know which foods to give your child for school. Advertising is very persuasive to young children and it often encourages children to eat high fat and sugar foods which are not healthy if eaten every day.

Healthy foods which can be packed into a lunchbox and eaten easily at school include:
- Rice, meat and vegetables
- Sandwiches filled with cheese, lean beef, chicken, tinned tuna or salmon, egg and salad. Use a variety of different breads eg white, wholegrain, wholemeal or multigrain. You can even use flat breads such as pita or mountain bread.
- Fresh or dried fruit or fruit packaged packed in small snack packs
- Boiled egg, salad, cherry tomatoes and a bread roll
- Rice cakes and cubed cheese
- A small tub of yoghurt
- Raisin bread (bread with dried fruit), scones, fruit bun
- Homemade pizzas made from Pita bread, tomato paste, ham, cheese and mushroom

Source: Healthy Eating Tips For Vietnamese-Australian Families
Chan Tran and Huong Nguyen
School Community Workers North West Communities for Children is funded by the Australian Government
Dear Parents and Community Members,

This week, I take the time to focus on a few ways to maximise your child’s learning.

**The first one is reading with your child.** Mem Fox, who is an Adelaide author, says that if an adult reads every night with a child we would not have any children unable to read. The development of reading is a joint effort between school and home. I believe that the greatest gift you can give your child is the gift of time and what better way to spend time together than listening to your child read and/or by reading to your child. In fact if you are a migrant to our country, and English is your second language, this is a great way to further your own knowledge of the English language.

As part of our homework policy at St Patrick’s School all students are expected to read every weekend. Although it is part of their homework expectation, we encourage the concept of reading as fun and part of life. If on some evenings, it is not possible to sit and listen to your child’s read, your support in ensuring your child has a reading routine for at least 15 to 20 minutes every night is very important. This can be done by switching off computers, televisions and other distractions so they can focus on their reading.

It is also important to have lots of books in your home and sometimes, instead of buying toys and video games, buying books as a gift can be truly special. Visiting your local library is a great way to spend time together with your child, and it also provides a greater range of books at no cost.

**The second one is the importance of sleep.** Research into sleep patterns indicates that children are generally sleeping less than 40 years ago and this is having an impact on children’s learning. If a child has an appropriate amount of sleep they are more alert during the day at school and are more engaged in their learning. In fact, primary school aged students should be sleeping no less than 9 to 10 hours every night.

As a guide, if your child wakes up at 7:30 in the morning, they should be in bed by no later than 9:00 o’clock. The younger the child, the earlier they should be going to bed. Researchers also recommend avoiding televisions, laptops, game consoles or other distractions in their child’s bedroom at night time.

**The third is the importance of diet.** Children need to eat lots of fruit and vegetables and healthy home cooked meals. In fact dieticians recommend take away only once a month or once a fortnight at the most. This is one of the reasons why at St Patrick’s School we promote healthy eating habits by asking all parents to send their children to school with a piece of fruit or a vegetable to eat about 10:00 in the morning. Research shows that eating an appropriate amount of sleep they are more alert during the day at school and are more engaged in their learning. In fact, primary school aged students should be sleeping no less than 9 to 10 hours every night.

Researchers also recommend avoiding televisions, laptops, game consoles or other distractions in their child’s bedroom at night time.

**The fourth and final one which I will mention today is maximising students’ attendance at school.** Every minute counts!!!! Therefore at St Patrick’s School we actively encourage parents to avoid arriving to school late and do everything possible to minimise students’ absences. Recent research has shown that the single biggest factor in poor school performance is being absent from school.

I hope you have found this week’s newsletter article valuable as we continue to work in collaboration to maximise the learning results for all of our students.

Frank Congedi
Principal

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**The Rite of Reconciliation**

In term 1 Fr Maurice will be leading The Rite of Reconciliation on two occasions for students who have received the Sacrament of Reconciliation in previous years. At the service we will listen to readings, share some prayers and responses and Fr Maurice will hear individual confessions. This will take place during Lent, a time when we think of the wrong choices we have made in the past, ask for God’s forgiveness and work hard to make good choices in the future. At Reconciliation, we remember God’s Will for us to love one another and God’s world. We say sorry for any times we have hurt others and make a fresh start to live peacefully in God’s community.

The Reconciliation services will be on Wednesday 12th March at 9:45am and Wednesday 19th March @ 9:45am in St Patrick’s church. Families are invited to attend.

More information will soon be sent home to the students involved.

**Student Learning in Religious Education**

This term one of the themes that students are working on is being Human unit. In this unit of work the students will explore the many gifts God has given us, especially the gift of life and love and explore our call to use our gifts to share God’s love with all of God’s creations. God made us in God’s image and we all deserve to be treated with respect and dignity. Being made human means we have the ability to develop positive relationships and through our work in Religious Education we learn about positive relationships and the life of Jesus.

We look at the great things we have in life and identify ways that we can develop the relationships we have with ourselves, with our families, with our friends and the wider community – including those in need. Here are some examples of student work.

**Messages From Croydon Park Parish**

**Children’s Liturgy of the Word**

We wish to begin again offering our children the opportunity of having their own Liturgy of the Word at the start of our weekend Masses: Vigil, 8.30 and 10.30.

We plan to begin at the start of Term 2. We need volunteers – adults over 18 and assistants who can be from 15 upwards.

This ministry involves leading the children in a Service similar to what the adults experience but simplified for the children’s understanding.

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**Important Dates**

Ash Wednesday Mass – Years 3/4/7 students 9am in the Church
Ash Wednesday Liturgy of the Word Years Reception to 2/3 @ 11.40

Have a great week
Anne-Marie Platten
APRIM

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**Maths puzzle R-3 student** (answers to Mrs Scott please)

Look at the picture. Which statement is true?

- The ball is above the boy.
- The ball is on his right.
- The ball is on his left.
- The boy is on the ball.