



Dear Parents and Friends of St Mary MacKillop Primary School,

TEACHING OTHERS HOW TO COPE WITH DISAPPOINTMENT:

Congratulations to those children who have recently gained victory in their chosen sports and other endeavours. Just in case, here are a few ideas you may like to consider, during the final weeks of winter sports, when helping children deal with disappointment.

Help your children identify the emotions they feel and express them in an acceptable way. Keep a clear head yourself. Sometimes you can get emotional too and logic goes out the window. The simple act of remaining calm will defuse some of your child's negative feelings.

Give them an opportunity to talk about why they think things didn't go the way they expected them to go. This way they can get it out of their system especially if you just quietly listen without criticising or jumping in with solutions. Venting to a trusted adult can be a helpful release.

Celebrate having a go. Give praise for having a go as you would do for winning. Reinforce the message that winning isn't always the most important thing – what's important is the effort you put in, your positive attitude, and the fact that you can learn from everything and should keep on trying are equally important life lessons.

Hugs and words of encouragement can ease the pain of disappointment.

When people are gushing about one child's achievement, siblings may feel sorry for themselves. Raise your children to congratulate each other. Being able to put your own disappointment aside to be generous to others is a sign of maturity.

Medals or certificates can cause upset when a child misses out, especially for younger children. Sometimes they just want to have something to show for all the hard work and effort they've put in. That's when parents can find a special treat to show they recognise the child's good work.

Children watch how you respond to failures in your own life. It's helpful sometimes to share your disappointment and show them how you learn from the experience. The next time could be the win they were looking for. Don't give up.

Learning to lose at something with grace will eventually help your child develop into a more resilient person in life. Congratulate them on handling a setback so well.

Teach self-calming skills. This may be going outside to kick a ball, listening to music, taking a deep breath, having a chat, using positive self-talk, reading a book, getting a hug, watching a funny movie, going for a walk. As your child gets older they can use these strategies to help them calm down and move on.

Sincere thanks to Mrs Keane and Mrs Neal for organising the 2014 Dance-a-thon. It was wonderful to see the return of local and international dance instructors, BJ, Aeysha and Dayton with over 37 Caroline Chisholm College dancers supported by College teacher Mrs Hughes. A great day of learning and enjoyment.

Mrs Maree Eisenhuth will be taking Long Service Leave from 12 September until 31 October. We would like to wish Mrs Eisenhuth all the very best during her leave and welcome Mrs Fox and Mrs Loughman who will be replacing her while on leave.

Canteen at St Mary MacKillop

I am currently inviting tenders to submit canteen proposals following requests from a group of Parents. I am keen to hear from other parents who would like to express the *pros and cons* of starting a canteen in 2015. Please send your thoughts on this endeavor addressed to me via the school email.

Go the Mighty Dragons?

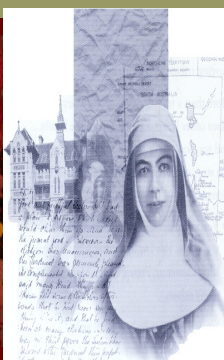
Thought for the Week

"Make allowances for those who don't see as you do"

Mary MacKillop 1867

Have a Blessed Week

Michael Siciliano
 PRINCIPAL



Religious Education News

Mary MacKillop Coin Trail Fundraiser:

As part of our wonderful celebration for our patron saint, St Mary of the Cross MacKillop, our school community participated in a gold coin trail fundraiser to raise money for the Mary MacKillop Institute in East Timor. Through the children's generosity, this Social Justice activity raised \$681.00. Congratulations to Year 6 who won the class prizes for the longest coin trail (6M) and the most money raised (6PM). By acting upon Mary's motto of

"Never see a need without doing something about it"

we will forward \$681 to the Sisters of St Joseph so that they can continue their important and much needed work in East Timor.



First Communion Photos:

First Communion photos will be available for collection from the parish house back veranda on Sunday 24 August between 9:30am – 11:30am. Please enter via the car park and come up the stairs. Unfortunately, due to work commitments this is the only time that photos can be collected.

Many thanks

Anne Tucker, Sacramental Co-ordinator

Altar Servers Training:

Would you like to be an altar server? If so, and you have received Holy Communion, training will commence on Friday, 29 August 2014, 4:00pm – 5:00pm at St Nicholas of Myra, Penrith. For further information or to register please contact Anne Tucker at the parish office on 47212509 or email for more information at sacramental@stnicholasofmyra.org.au

Parish Mass – 10:00am Sunday 31 August:

To further foster our school and parish relationship, the St Mary MacKillop Strings Ensemble and Choir have been invited to provide the music for the 10:00am Sunday Mass on the 31 August at our Parish Church, St Nicholas of Myra. All in our community are warmly invited to attend as we celebrate our faith together.

The Sacrament of Confirmation:

Please keep the Year 5/6 students in your prayers as they prepare to receive the Sacrament of Confirmation on Tuesday 9 September. This sacrament empowers the children with the gifts of the Holy Spirit and marks their final initiation into the Catholic Church.

Father's Day Liturgy:

Our Father's Day Liturgy will be held on Friday 5 September. This liturgy will be led by Year 1, more details will follow shortly.

Mrs Leesa Gillard

Religious Education Coordinator

Voices of Youth

This term every student in Year 6 was required to write a speech for a competition called 'The Voice of Youth'. Six students from each class were chosen to compete in the school final. From there, three students and one reserve were selected to compete against other schools in the Luddenham Cluster Final. Mr Siciliano and his team of judges had a very difficult job choosing just three speakers to represent our school! Congratulations to Mia M, Emma C, Alex D and our reserve, Laura C for making it to that level. Fortunately Alex D was the winner of the competition and will advance to the semi final, to be held on the 10 September. We wish Alex good luck and say congratulations to the Year Six students for their outstanding effort this term with their speeches.

By Emma C and Laura C

Zone Athletics Carnival

On Friday 8 August, 29 St Mary MacKillop athletes took part in the Zone Athletics Carnival held at Blacktown Sports Stadium. What a fantastic day it was! All of the students participated with confidence, were prompt when their events were called and most importantly, they all had fun! Their behaviour was an absolute credit to our school and I couldn't have been more proud. Congratulations to the following students who participated in various events on the day: Cody D, Matthew F, Joseph I, Amy J, Rick J, Alicia L, Ella M, Harrison M, Marco P, Kye R, Kaleb S, Lilly S and Jack S.

The following students were placed between 1st and 4th position in their events on the day and are now continuing their journey onto the Diocesan Carnival, which will be held in Blacktown next Friday 22 August; Marcus B, Jack B, Laura C, Charlie C, Rebecca D, Uaale E, Alison G, Samantha G, Tayla G, Judith G, Abigail K, Kailah S, Brock S, Isaac T, Anthony F and Sienna M. A huge congratulations goes to Alison G. who was awarded Senior Age Champion, and Laura C. who was awarded Runner-up, also to Uaale E. who was Runner-up for the junior boys age group. What a fantastic achievement! Good luck at the Diocesan Carnival for all those participating!

Mrs. Mathewson

P & F Ngws

SMMPS Dance-A-Thon 2014 - THANK YOU:

We wish to thank two beautiful women Mrs Keane and Mrs Neal for organising the Dance-a-Thon that took place on Wednesday, 20 August. A big thank you also goes out to A-Live Performing Arts Centre as well as Mrs Hughes and the team of Caroline Chisholm College dance students for their sensational presentation and sharing their skills in the art of DANCE. Well done students, thank you for your support. Each student goes into the lucky draw to win a Dymocks Gift Voucher (one voucher for each class) so don't forget to hand in your sponsorship form and money by **Thursday 4 September**. Good Luck.

Father's Day Stall Brochure Orders - Due Friday, 22 August 2014

All Father's Day orders need to be *returned to the office by Friday, 22 August 2014 with student details, order and correct money*. Gift prices vary between \$2 - \$6. Gifts will be wrapped and prepared for your child to pick up on Friday, 5 September 2014. For your convenience the brochure and order form is available on our school website to download in the 'Notes Sent Home' section.

PRC - Anxiety and Children with Dr Andrew Martin:

This very informative seminar is taking place on **Monday, 1st September 2014** at 7pm. Located at St Patrick's Primary School - 51 Allawah Street, Blacktown. RSVP is essential for events, don't miss out: preparraevents@hotmail.com

BARGAIN BUS BUYERS - SAVE THE DATE:

Don't forget to put it in your calendar **Saturday, 11 October 2014**. Please see the flyer for details on the school Facebook page or contact Fiona Bryant on fionaw@smartchat.com.au.

SCHOOL DISCO - SAVE THE DATE:

Just a heads up that our student school disco this year will be taking place on Thursday **16 October 2014**. More information to follow soon.

SOUTHLANDS REWARDS PROGRAM - REMINDER:

Please don't forget to collect your receipts and place them in the box at the Southlands Shopping Centre with our school name on it. Thank you so much for your support.

God Bless

Liz Whalen

On behalf of the P & F Executive Team

Dates for Your Diary Term 3 - 2014

DAY	DATE	TIME	EVENT
Friday	22 August		Diocesan Athletics Carnival
Monday	25 August	2:05pm	2A Assembly
Tuesday	27 August		Year 1 Australian Pioneer Village Excursion
Friday	29 August	9:15am	Kindergarten Calmsley Hill City Farm Excursion Year 6 Mass
Monday	1 September	9:00am 2:05pm	Year 3 Group 1 (3W & 3M) CARES Excursion 4BL Assembly
Tuesday	2 September	9:00am	Year 3 Group 2 (3B & 3M) CARES Excursion
Friday	5 September	TBA	Father's Day Liturgy and Stall
Monday	8 September	2:05pm	KD Assembly Talent Quest Auditions Monday-Friday
Friday	12 September	9:15am	Year 2 Liturgy Stage 3 Boys & Girls Touch Football
Monday	15 September	2:05pm	1M Assembly
Thursday	18 September	2:00pm	Talent Quest Showcase
Friday	19 September	9:15am	Kindergarten Liturgy Term 3 Ends

Dates for Your Diary Term 4 - 2014

DAY	DATE	TIME	EVENT
Tuesday	7 October	8:45am	Students return for Term 4 Summer School Uniform
Monday	13 October	2:00pm	2015 Kindergarten Playgroup Session
Monday	20 October	2:00pm	2015 Kindergarten Playgroup Session
Tuesday	21 October		School Photos - Summer School Uniform
Friday	24 October	9:15am	Year 3 Liturgy
Monday	27 October	2:00pm	2015 Kindergarten Playgroup Session
Tuesday	28 October		Year 2 Penrith Lakes Excursion
Thursday	30 October		Year 5 Teen Ranch
Friday	31 October		Year 5 Teen Ranch
Monday	3 November	2:00pm	2015 Kindergarten Playgroup Session
Wednesday	5 November	9:00-11:00am	2015 Kindergarten Orientation Morning

MATHS OLYMPIAD

Answer to Question 3 - Week 4 Term 3:

Sarah and Connor went bowling together. Sarah rented bowling shoes and played three games, for a total cost of \$9.50. Connor rented bowling shoes and played five games, for a total cost of \$14.50. How much does it cost to rent bowling shoes?

Since Connor played 2 more games than Sarah, and they each rented one pair of bowling shoes, if we subtract \$9.50 from \$14.50, we find the cost of 2 games is \$5.00. Therefore each game costs \$2.50. Sarah played 3 games which cost \$7.50, so her shoes cost \$9.50 - \$7.50=\$2.00.

Question 4 - Week 6 Term 3:

What is the value of $(1 \times 50) + (22 \times 50) + (28 \times 50) + (49 \times 50)$?