



## e-NEWS



### IMPORTANT DATES

#### 2017 Term Dates

##### Term 4

10 October-20 December

#### 2017-Term 4

##### Wednesday 6

##### December

School Closure Day-See details over the page

##### Tuesday 12 December

Parent Helper afternoon tea at 2.15pm

##### Wednesday 13

##### December

Christmas Carols Night from 7.00 pm

##### Thursday 14 December

Year 6-Big Day In

##### Friday 15 December

Last Day for Year 6 at 1.00pm

Year 6 Graduation at 7pm in the Church

##### Wednesday 20

##### December

Last Day for Year P-5 at 1.00pm

Dear Community,

We are fast approaching the end of our school year. Whilst we are still engaged in the service and education of our community at this time, we are also busily planning budgets, class groups, timetables and programs for 2018. Moreover, these are just some of the myriad of tasks we are undertaking in an effort to ensure this year runs smoothly to the end and ensure we are ready for next year.

I am proud to report we have a 100% retention rate of staff for 2018. This fact in itself says a great deal about the positive culture of our school and the value our staff place in SMMPS as a workplace. We are making some changes, as we have some teachers returning from Parental Leave. However, I am enjoying not having to advertise or interview for teachers for the first time in 19 years as a Principal! SMMPS is a good school and I am very proud of all we do in our school.

As you may well know, one of my missions in life is to make Mary Mackillop known to others. I am confident our children know Mary MacKillop the person and St. Mary MacKillop the saint. We take our Year 6 students to Sydney each year and visit Mary MacKillop Place in North Sydney. This is where Mary is laid to rest and where a museum detailing her life is worth visiting.

The tour guides always report, "You don't need us. These children know more about Mary than we do"! This is always a moment of great joy and pride. Hopefully, we have taught our children something about Mary MacKillop, which they can take into life as they grow into adults. I know, I look to Mary for inspiration daily and I pray daily through her intercession for my family and for our school community. Mary MacKillop is truly there for us!

***Mary lived her life with 'an attitude of gratitude.'*** I live my life in that spirit also. I am grateful for the people in my life with whom I have been blest. I am grateful for my career. I am grateful for my life experiences and I am grateful for the influence of Mary MacKillop in my life. In addition, I am grateful for the care of the Sisters of St Joseph (the Josephites, the order of religious sisters, Mary founded).

As we know, life is not an easy ride and we encounter many challenges.... However, our faith and an 'attitude of gratitude' is the way forward to peace and happiness, no matter what we face.

I include, below, a brilliant article from Michael Grose, Parenting Ideas. It is absolutely well worth a read. I see it every day. Children with an attitude of gratitude, cope with life challenges in the classroom and playground, so much better. As parents, if we encourage this attitude and look for the positives, we serve our children very well.

Have a good week everybody.

**Anthony McCluskey**  
**Principal**

*The wisdom of  
St. Mary MacKillop*

***"I am full of hope in God  
who has been so good  
to us all."***

**28.11.1898**

**REMEMBER**

**PART TWO** of our **PREP ORIENTATION** is happening tomorrow, **Wednesday 29 November and Thursday 30 November**.

**School is closed to all children next Wednesday 6 December 2017**, for our 2018 Staff Planning Day.  
*As always thank you for your support.*

**SOCIAL JUSTICE IN THE SPIRIT OF ST. MARY MACKILLOP IN ACTION.**

We offer our deepest thanks to all the generous and thoughtful families who donated to our Toiletry Drive for Joseph's Corner. As you know, Joseph's Corner is a service, in the spirit of St. Mary Mackillop, led by the Sisters of St. Joseph and volunteers. It serves families of people suffering from addiction. Your generous donations will go a long way at Christmas to making some of these families feel a little more supported. Thank you for your active spirit and appreciation of a social justice issue, as through your donations.

This year we have supported Joseph's Corner through a causal clothes day, where we raised over \$600. This money goes towards counselling for families in need. You also donated 200 children's books from our Book Fair and today we are donating the many toiletries given by you. Your generosity will go towards making some families Christmas a little happier. Thank you!

**Thank you to all our Parent Helpers...**

We are holding an afternoon tea on Tuesday 12th December at 2.15pm in our new multi purpose space to thank all our wonderful parents/carers/grandparents for all their help during the year. If you are part of the parent and friends association or you have volunteered in PMP, canteen, sporting activities, reading in classrooms or attended excursions, please come along.

Can you please advise Kellie at the office if you will be attending for catering purposes? Thank you.

## Volleyball 2017

This year has been a great year for the volleyball team, winning every game except for one. The team they lost against (Monmia Primary School) also made grand finals and put up a great fight.

The boys won sending them straight into regionals.

The other week they faced the challenge of regionals winning 1 out of 3 games. The team fought it out right till the very end winning the last game in straight sets.

The boys were upset about not moving on to the next competition but were happy to be the only team to make regionals.

Maybe the next team will beat their success.

Written by Jacob Borg



### Are You Leaving Us?

Now that we are in the final term for the year, it is timely that we look forward to 2018 to ascertain our student numbers.

If you have a child/ren in Years Prep – 5 who will not be returning to St Mary MacKillop Primary School for 2018, please forward a letter/email to Mr Anthony D'Amico, Deputy Principal, advising us at your earliest convenience.

Alternatively, you can email us at: [office@mmkeilordowns.catholic.edu.au](mailto:office@mmkeilordowns.catholic.edu.au)

This will assist us with our classrooms, students and staffing requirements for the coming year.

### Canteen Specials This Term....

**Pasta Day-Friday 1st December.** Orders now closed on flexischools.

**Subway Day-Friday 8th December.** Available to order on flexischools now. Orders close Monday 4th at 12.00pm

**Also, when placing your child's subway order, please check the date that you are ordering. If you miss the cut-off date and time, the system will bring up the next date. We get quite a few children coming to the office saying that their parents have placed a Subway order; we then find that it has been ordered for the next date.**

## St Vincent de Paul Christmas Hamper Appeal organised by Year 4

The Year 4's are currently looking at the unit, **Our Parish Community- The Holy Spirit in action**. While studying this unit we have learnt Jesus Christ is the model of Christian love and service and that the Holy Spirit inspires Christians to love and serve others. Through these new learnings, we have been inspired to put these understandings into action to help and assist those less fortunate than us in our local community. Christmas is a time of hope, joy and giving.

However, there are many families, children and adults in our local community that will not experience the Christmas that we all do. This is why we are taking action and have organised a St Vincent De Paul Christmas hamper appeal and we are asking for your support! We would greatly appreciate if you could donate items such as non-perishable foods, linen, toys, books, stationary, clothes and toiletries. We kindly ask that all these items be new so that these people in our community can have a very Merry Christmas. We will be leaving a coloured tub in each classroom where all the donated items can be placed. Please think of others during this Christmas season and as a catholic community let us help those less fortunate.

### PARENTS & FRIENDS ASSOCIATION

#### UPCOMING EVENTS

We are holding a meeting this Thursday at 9.00am in the staffroom. All welcome

#### TERM FOUR

Christmas Carols Night– Wednesday 13<sup>th</sup> December, 7.00pm until 8.30pm

#### REQUEST FOR CHRISTMAS RAFFLE PRIZES

We will once again be holding our annual Christmas Raffle which will be drawn on the Carols Night. To help make the raffle a great success we hope to have many great prizes on offer. If there are any families in the school who have small businesses and are able to donate any of their goods or services as prizes, it would be very much appreciated. In return, your business will be promoted in the e-NEWS which is read by our school community. Please leave your details at the office if you are able to assist. Thanking you in advance.

### [St. Mary MacKillop Primary School is Fundraising with Entertainment Books!](#)

The brand NEW 2017/2018 Entertainment Hard Copy Books are no longer in stock. Digital memberships are just \$70 each and are packed full of great offers. Not only will you receive amazing discounts to a variety of venues and restaurants, but you will also be helping our school. St Mary MacKillop P.S. will receive 20% of all membership sales! If you would like to order your digital membership, just visit [www.entbook.com.au/9127y31](http://www.entbook.com.au/9127y31)

## YEAR 4 CAMP EXPERIENCE 2017

And we were off! The bus was packed and the year 4's couldn't wait for the adventure ahead. The bus was buzzing with excitement as we patiently waited to arrive. Once we arrived we set off for our 5k walk. It allowed us to see the beautiful nature and talk with all our friends. After, finally arriving at Mt Evelyn Recreation Camp we indulged in our delicious lunch.



Once we settled into camp we set off to our activities. We couldn't wait. Kaos was a game that involved team work to find letters that were hidden around camp. The giant swing and flying fox were thrill seeking activities, where we all challenged ourselves to have a go. Even the teachers gave the giant swing a go (which was funny). We were given the opportunity to hold various reptiles and learn about some native animals.

The hot weather provided us with a great night to play outside with one another and enjoy all the opportunities the camp had to offer. For dinner we were provided with a delicious feast and were given servings bigger than some of our heads. We tried our best to finish it all. After dinner we were lucky enough to go on a night walk. When we got back it was finally time to go to sleep, we were exhausted but couldn't wait until the morning.



The next day was another scorcher and we couldn't wait to complete our final activities. We had such an amazing camp experience where we were given to opportunity to challenge ourselves, make new friends and prepare ourselves for year 5 camp.

Written by: Alesia Iacopino (4B), Ethan Scollo (4R), Sacha Pondeljak (4G) and Kiara Hagidimou (4Y)

Dear Parents / Guardians of Year 5 students,

To recognise the year 6 students for 2018, St Mary MacKillop Primary School has introduced **optional** year 6 sports tops. This top will have the St Mary MacKillop Primary School emblem on the front and a list of all year 6 students' first name and initial of their last name on the back. **The top can be worn on your child's designated sports day, also for inter-school sports.** The price of these tops is \$35.00 and can be ordered and paid through [flexischools.com.au](http://flexischools.com.au) by December 13<sup>th</sup> 2017.

As we are endeavouring to have these tops manufactured over the holidays and therefore ready for the children by week two of 2018, the following options are available regarding sizing.



Sample of year 6 sports tops

**Option 1:** A range of sizes will be available on Thursday 30<sup>th</sup> of December before school from 8.30 – 9.00 and from 2.30 -3.45 in the John Paul 11 area for your child to try on. **Please be aware the sizing of tops are small and there will be no second order in 2018.**

**Option 2:** In the event you are unable to attend the above times, we are happy to size your child with your written permission in your child's diary.

Should you have any queries regarding these tops please don't hesitate to contact Jenny Melki via the school or on [jmelki@mmkeilordowns.catholic.edu.au](mailto:jmelki@mmkeilordowns.catholic.edu.au)

Regards

Jenny Melki

**Last Day for Ordering Wednesday 13th of December 2017, 10pm**



## Outside School Hours Care Program

Dear Families,

### IMPORTANT

### OSHC 2018 Enrolments

Please ensure you have completed and returned your 2018 enrolment form if you wish to use the OSHC program next year. It is a Government regulation and legal requirement all children attending OSHC programs must fill in a new enrolment form each year. We will not be able to accept bookings for children who do not have a completed 2018 enrolment form. 2018 Enrolment forms are **due Friday 1st December 2017**.

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Parents as the weather gets warmer we will be spending more time outside. It is important that you ensure your child has a spare hat and sunscreen in their school bag for outdoor play. The hat does not have to be a school hat. The OSHC program practises the sun smart policy.

We hope everyone has a wonderful week. We thank everyone for their continued support.

From the OSHC Team.



Please remember to SMS:

Vicky Mamo/Mary Giacchi - 0450 211 909 before 11.00 am all bookings and cancellations.

Mary Zambara - 0478 746 370 regarding accounts. Thank you.

CANCELLATIONS AFTER 11.00 AM WILL INCUR A FULL FEE CHARGE.

parenting \* ideas

# insights



WELLBEING AND MENTAL HEALTH

## The power of gratitude for a happier life

by Dr Jodi Richardson



*More than just a nice feeling, gratitude is integral to happiness. If we can inspire and cultivate gratitude in our children, we're doing so much more than teaching them to be polite by saying 'thank-you'. We're helping them develop a strength that will positively affect their mental health and wellbeing over a lifetime. It's that powerful.*

Remember how many times you had to remind your kids to use their manners all those years ago? I know, probably too many! Still reminding? You're not alone! In the same way good manners eventually become a part of daily life, sincere gratitude will too. It's worth persevering.

### Benefits of a grateful mindset

The science tells us that compared with those who don't, people who practice gratitude are more enthusiastic, more determined, perform better at school, are more likely to avoid risky behaviours, experience less depression and envy, are more kind and helpful, sleep better and are 25 per cent happier.

Adolescents with a grateful mindset are more optimistic and experience greater social support, which is essential to their health and happiness. They experience more fulfilling friendships and family relationships, are more content in themselves and with their school, have higher grades and are less focused on material possessions.

There's simply no down side!

Practicing gratitude is a sure-fire way to boost happiness, something we absolutely want for ourselves and for our children. In addition, teaching our children genuine appreciation helps them develop strong relationships over the course of their lives, and we know that strong relationships are critical to our



## parenting \* ideas

overall happiness.

Gratitude isn't just good for the giver either. It's wonderful for the recipient too. Do you remember how you felt the last time sincere gratitude was expressed to you? It lifts our spirits, boosts our mood and inevitably strengthens our relationship with the person expressing their thanks.



### Where do I start?

The best way to teach gratitude is for us as parents to role model it.

When you're feeling grateful, tell your kids and explain why. If you do something kind for someone to thank them for helping you, share your story over the evening meal. Like all values we want for our kids to embrace, it's 'monkey see, monkey do'.

Different families teach gratitude in different ways. The trick is to introduce a gratitude practice that doesn't feel like a chore. Even if there's a little resistance at first, don't give up. It feels good to be grateful, so it should eventually become something that doesn't need too much of a nudge.

### Supporting your child to become more grateful begins with teaching three fundamental ideas:

1. Awareness that someone has purposefully done something to benefit them.
2. Awareness that taking action to provide you a benefit cost that person in some way.
3. Understanding that the benefit of that person's actions is valuable to them.

### There are loads of fun ways to practice gratitude. Here are a few to get you started:

- Regularly express sincere gratitude to your partner and to your children, explaining why.
- Prompt your kids to note things they're grateful for in colourful textas on poster paper on the fridge.
- Paint a wall in chalk paint for your family to artistically (or not!) express their gratitude using chalk.
- Ask each family member what they're thankful for each evening at dinner.
- Stop to savour and appreciate the little things like a beautiful flower or a colourful sunset.
- Find the silver lining in difficult circumstances.
- Relive happy moments together.
- Hold hands at the dinner table and thank the person who prepared the food.
- Ask the kids to take photos of the things they're grateful for.



## parenting \* ideas

- Keep thank-you notes at the ready and let the kids know when you write one and why. Encourage them to do the same.
- Encourage a contribution from your kids' pocket money towards something they want.
- Start a gratitude journal and invite the kids to make contributions.
- Encourage your kids to help others.
- Help your kids reflect on what they're grateful for, last thing at night.
- Start a gratitude jar and each weekend spend time reading over the notes within.

It's really about finding the right fit for your family. You may need to try a few different ideas. You don't even have to do it everyday, even just a few times a week works well, though it is good to get into a routine with it.



Lastly, Associate Professor Jeffrey Froh, a leading authority on gratitude in young people, tells us that "the deepest sense of gratitude in life comes from connecting to a bigger picture, to an issue that matters to others, and doing things that contribute to society down the road."

Knowing this we can also be on the lookout for opportunities to fan the flames of our childrens' passions and yearnings to make a difference in the lives of others. Step-by-step, day-by-day, we can raise grateful young people who are happier because of their perspective, and who lead rich and fulfilling lives because of what they do for others.



### **Dr Jodi Richardson**

*Jodi is a happiness and wellbeing speaker and writer, and is mum to two primary school aged kids who light her up. For more great ideas on flourishing mental health for the whole family, subscribe to her newsletter at [drjodirichardson.com.au](http://drjodirichardson.com.au) and say hello on [facebook.com/DrJodiRichardson](https://www.facebook.com/DrJodiRichardson). Enquiries to [jodi@drjodirichardson.com.au](mailto:jodi@drjodirichardson.com.au)*