



Good Shepherd Primary School Newsletter

31st Sunday in Ordinary Time

Term 4

Week 4

Tuesday, 6th November, 2018



A big congratulations to Christina Kilberd 5R who received an Award from Mr Gordon Allen of Blacktown Council for winning a writing competition based on diversity. The school also received a cash prize. We are very grateful to Blacktown Council for their generosity.



**Good Shepherd Primary School
134 Hyatts Road
Plumpton NSW 2761**

Telephone: 9836 7100

**Email:
goodshepherd@parra.catholic.edu.au**

**Principal:
Mrs Patricia Carr**



**Good Shepherd Parish
136 Hyatts Road
Plumpton**

Telephone: 9832 4461

**Email:
parishof@tpg.com.au**

**Parish Priest:
Fr Vincy D'Costa
ofmcap**

**2019
Commencement Dates**

**Wednesday, 30/1/2019
Years 1—6**

**Thursday, 31/1/2019
New Kinder Families**

**Friday, 1/2/2019
All Students**

Our buildings are growing!!!!



UPCOMING EVENTS

Monday, 12th November:	Special School Assembly (8.30 am Good Shepherd School). Following assembly, there will be coffee & chat in the Staffroom.
Tuesday, 13th November:	Reconciliation (11.00 am Good Shepherd Church)
Thursday, 15th November:	Creative Arts Expo (5.00 pm Good Shepherd School)
Tuesday, 20th November:	Year 6 Reflection Day
Wednesday, 28th November:	Summer Disco—details to follow shortly

Peace & Joy Awards



The Good Shepherd School Community would like to congratulate the following students for their hard work and dedication throughout the past week.

These awards are presented for cooperation, respectfulness, responsibility, care, compassion, fair go and integrity.

KB	Taki Haufano	KG	Talia Toleafoa
KR	Francisca Purwadi	KW	Yaremo Montarde
1B	Jeremiah Setefano	1G	Isaac Narayan
1R	Jacob Heffernan	1W	Tamara Tamani
2B	Not Published	2G	Sophia Costigan
2R	Alivia Cobban	2W	Julianna Wilbert J
3B	Taylor Lees	3G	Carlos Kaasamani
3R	Not Published	3W	Jarred Mercado
4B	Ronan Cruz	4G	Lanna Cruz
4R	Pranith Tirumalasetti	4W	Crystle Manalili
5B	Michael Labeeb	5G	Gilsan Gilbert Sagayathan
5R	Nikita Moeono-Paahi	5W	Jaymee Felizardo
6B	Joshua Thomas	6G	Abby Cornish
6R	Nicholas Gama	6W	Nabil Kayrouz

Showcase of Talent

Our annual Showcase of Talent is happening again this year on **Friday 30th November** during school time. **Do not confuse this with the Creative Arts Expo!** (That's on 15th November from 5 pm).

The Showcase of Talent is a chance for students to perform an act or skill to their grade buddies. The best from each grade will perform in front of a larger audience on 30th November during school time.

Students, start planning your act! Auditions will take place with your grade in a few weeks time and a letter of interest will be available next week. I can't wait to see what you can do! If you have any questions, please see me.

Thank you Mrs Cooke



Special Assembly next Monday, 12th November

Dear Parents, Mr Kevin Jones, the new Principal of St Clare's Catholic High School will be joining us at our morning assembly next **Monday, 12th November** which commences at 8.30 am, then for coffee and chat in our staffroom. You are very welcome to join us.



Good Shepherd Creative Arts Night

Next week on Thursday, 15th November, Good Shepherd Primary School will celebrate a Creative Arts Night showcasing dance, drama, music and visual arts. We are inviting students from Kindergarten to Year 6 to submit an artwork to be on display for the open gallery. Express your artistic abilities through painting, printmaking, photography, digital art, sculptures, charcoal, clay, paper mache, sculptures, wood or other various crafts. We want to see artworks that demonstrates great effort in planning, creating and refining. If there are any questions, please ask Mr Escandor.



Term 4 2018 Staff Development Days (Pupil Free Days)

Each year Staff participate in professional development to support them in their roles as educators. The focus of these days is aligned to Good Shepherd School's goals. Staff will use information they have gathered about the children to design learning programs for the children that will best meet their needs. Term 4's Staff Development Days are Pupil Free Days and will take place on **Thursday, 20th December and Friday, 21st December**. Our thanks to parents for organising care for their children on this day. **COSHC will be unable to offer spaces for care on this day due to staff training.**



Sincere Condolences

Our sincere condolences to the Scanlan family (Maddison KG and Sean 4R) on the recent passing of their Grandfather. Please know that you and your family are in our thoughts and prayers during this very sad time.

Social Skill of the Week
"Take your hat off inside"

Class Placement for 2019

Very soon we will start to formulate classes for 2019. If you have any issues regarding your child's class placement, please inform Mrs Patricia Carr, Principal, in writing no later than **Friday, 16th November**. Whilst we endeavour to take into account your considerations, final decisions are made by the School.

If your family is not returning to Good Shepherd in 2019, would you please inform Mrs Carr **in writing** also by **Friday, 16th November**. Please indicate the school that they will be attending for our records. Thank you.

40

40 km/h School Zones

The 40 km/h school zone slows traffic in the vicinity of the school. Most 40 km/h school zones operate between 8.00 am and 9.30 am and from 2.30 pm until 4.00 pm. The 40 km/h school zone speed limit must be observed even if school children cannot be seen.

Note for Parents/Carers regarding Canteen Orders

In purchasing your child's tuckshop order online, you are contracting directly with the supplier. You are responsible for checking that the ingredients of what you order are not incompatible with your child's sensitivities or health issues. Please ensure you check the disclaimers in the supplier's website. If in doubt you should contact the supplier. Thank you.



Dear Parents, just a reminder that Bookclub Issue 7 has now closed.

Uniform Shop—Opening Days
Fridays Only
8.30—9.00 am

Please note only Cash is accepted. If you can assist with helping our Parent Group with the uniform shop, please leave your contact details with the school office.



Dear Parents & Carers, please note if someone else will be collecting your child **early or during school hours**, on your behalf, you need to inform the school **in writing or by email to:** goodshepherd@parra.catholic.edu.au **PRIOR TO PICKUP**. This policy is **effective immediately**. Thank you for your cooperation in this matter.

Keeping Everyone Safe!!

We're all in this together! As a community it's our joint responsibility to take care of each other. If you see or witness something in this school that could be a potential danger to the children/ staff or visitors, please contact the school office to advise. Thank you for helping to keep our community safe.



Back to School 2019

Parents, if you intend travelling overseas or interstate during the **Christmas holidays** and your child/ children will be **returning to school after school resumes**, would you please notify the office in writing that this will be happening and note the date your child will be returning for the 2019 school year. (NB, please remember you require an interview with the Principal for leave of 10 school days or more **prior to taking leave**. You will need to complete an Application for Extended Leave form which can be picked up from the school office). **This must be completed, travel documentation attached to it, and returned to the school office prior to going on leave.** An interview will then be arranged with the Principal in order for leave to be approved.

Privacy Consent

Dear Parents & Carers,
If you do not give consent for the use of your child's image and/or works to be published in our School Newsletter or on our website, please notify the school in writing. If you do not want your child to sell raffle tickets, please also inform the school office. Thank you.

Complaints/Grievances Forms

Parents, please note if you would like to make a complaint/grievance in regards to any school matter, you can pick up a form from the school office. All matters will be attended to under strict confidentiality.

Term 4 Dates

Concludes: Wednesday, 19th December

Term 4 School Holidays

Thursday, 20th December 2018 through to
Monday, 28th January 2019

Commencement Dates for 2019

Wednesday, 30th January, 2019	Years 1—6
Thursday, 31st January, 2019	New Kinder Families
Friday, 1st February, 2019	All Students

School Commencement and Finishing Times

School commences at 8.30 am and concludes at 2.50 pm. Any child who arrives after this time or leaves school earlier for an appointment etc will need to report to the School Office. It is very important that your child arrive to school on time. Children arriving late to school miss out on valuable learning time and their late entry to the classroom disrupts their fellow students. **If your children are late to school, they are to be escorted to the School Office by a Parent/Carer.**

Bicycle Awareness - Keeping the children safe

Dear families, If your child rides a bicycle to school, (with or without supervision), please ensure that you have signed the Bicycle Policy and returned it to school. Please also ensure that the child enters the school using the walkers' gate and not through the carpark entrances or drop off circle. A copy of the Road Safety Policy & Bicycle Safety Policy 2016 is available at the office.





Birthdays

Happy Birthday to the following students who will celebrate their birthday this week: Roza-Elloise Frias, Sean Scanlan,

Cooper Lambert, Renaise Alpuerto, Isabelle Diamse, Laurina Aziz, Oliver Allen, Alex Gillett-Pracy, Cooper Jones, Makayla-Ann DeGuia, Kot Job, Kian Pangan, Elijah Lauu and Samiuela Tonga.

No Nut Policy

Dear parents, just a reminder that a number of our students have severe allergies.

Please do not send peanut butter/Nutella sandwiches or other foods containing whole or crushed nuts or sesame seeds to school. This also includes cup cakes for birthdays, slices, excursions etc!

Your co-operation is greatly appreciated.



Pedestrian Crossing

Parents, please be aware that the pedestrian crossing between the Parish carpark and the school is used constantly for students, parents and carers to enter and leave the school grounds in a safe manner. We ask you not to park on these pedestrian lines as it puts everyone's safety at risk. Thank you.



Policies and Forms

For all policies and forms, please refer to our School Website—"About Us"—"Policies & Procedures". Please note our Parent Handbook is on our School Website under "Enrol Now" for your convenience.

Contact Details

Parents, it is vital that all contact information including phone/mobile numbers, emergency contacts, home address, email address are kept up to date. **Please contact the School Office if any changes need to be made.** Also if you purchase a new mobile phone, don't forget to download the Skoolbag App as this is an important tool for communication purposes. Thank you.

Uniform School Bag

Dear Parents, please note as of **Term 1 2019** all students (except Year 6 2019 students) will be expected to be using the new school bag. The decision to have these bags as a standard part of our school uniform was made in 2015, voted in by the school Leadership Team as well as the Parent Group. If you are replacing your child's bag, please purchase the school bag. **The bag is available from the uniform shop or the school office. The cost is \$40.00** and cash only will be accepted. These bags are designed to evenly distribute weight and are made of extremely durable materials making them good value in the long run. Thank you.



Canteen News

Two Meal Deals to choose from at \$5.00 each (This deal is available until Friday, 23rd November).

Meal Deal 1

Salad Box with Chicken & Bottle Water

Meal Deal 2

Toasted Ham & Cheese Wrap & Bottle Juice

To view the full menu of Classroom Catering, please visit website: www.classroomcatering.com.au



Information regarding Leave from School

Leave from school for holiday/overseas trips in school time is not encouraged and must be explained in writing to the School Principal.

A leave form ("Application for Extended Leave") must be completed at least 4 weeks in advance for **5 or more school days**. If leave is **10 days or more**, an interview with the Principal is also required, together with an Application for Extended Leave form. Leave forms can be obtained from the school administration office.

Leave of **4 days and less** needs to also be approved by the Principal. **Please write a letter to your child's class teacher outlining the details of the leave, including the first and last school day that the child will be absent.** Leave during school terms is strongly discouraged.



Medications, Creams, Lotions etc

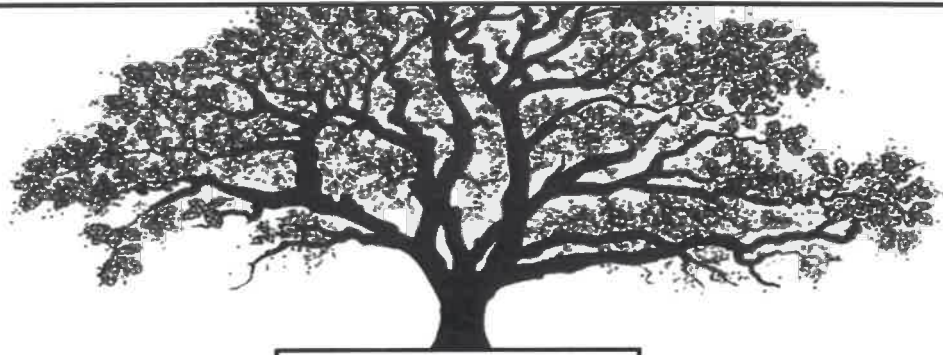
Dear Parents, just a reminder that any medication required for your child must be sent in to the school office in its original packaging with the medical permission form attached. This includes prescriptions, Panadol, Nurofen and all "over the counter" medication. This form must be completed with all information stated clearly eg name of medication, dosage, time of dosage to be administered, in order for the medication to be given. The Medical Permission note is attached to this newsletter, or you can call into the school office to pick one up.

Kindergarten 2019 Enrolments—only a few places left

Enrolment Application forms for Kindergarten 2019 are available from the School Office. Parents, if you already have a child at Good Shepherd, you will still need to submit an Enrolment Form for any **new siblings** for 2019.



ROOT WORD OF THE WEEK



tech

(GREEK)

MEANING:
skill or art

EXAMPLES:
technology, technique

Numeracy Warmup

Number Activity:

Back to zero: Players begin at 30, 50 or 100 on the numberline/ tape measurer. Take turns rolling the dice and predict what number the pegs will land on. Prove their thinking by moving the peg the number of places rolled on the die. Record the number sentences to show thinking.

Purpose:

A race from a two digit number back to zero. This is a fun subtraction activity that focuses on mental strategies using a numberline as a guide.

Resources:

A dice

Two different coloured pegs

Number line or a tape measure

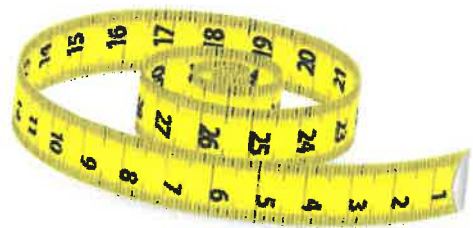
Possible Questions:

How did you work that out?

Is there a quicker way?

Explain your thinking?

Is that the only strategy to work out that answer?



News from the Bishop's Office

Positions Vacant

- Communications Officer – Diocese of Parramatta

More details at: parracatholic.org/employment

- Parish Secretary (part-time, maternity leave role) – Holy Spirit Parish, St Clair

More details at: holyspiritstclair.com.au

- Media and Community Liaison Officer – Columban Centre for Christian-Muslim Relations

More details at: www.catholicjobsonline.com.au

Liturgy Conference 2018: 10 November

The Diocese of Parramatta Liturgy Conference will be held on 10 November. Keynote Speaker: Fr Peter Williams Vicar General from the Diocese of Parramatta. Tickets are now on sale. For tickets and a full list of workshops go to parracatholic.org/liturgyconference2018. Cost \$30 - includes lunch.

Our Lady of the Nativity Parish, Lawson: 11 November

Bishop Vincent Long Van Nguyen OFM Conv will preside at our 90th Anniversary Mass at 8.30am on Sunday, 11 November followed by Morning Tea. There will be a Photographic, Memorabilia, History display.

Seminar for Couples Hoping to Conceive: 11 November

Waiting for Gabriel is an information afternoon for couples hoping to conceive. You'll hear testimonies and learn about natural options which assist fertility. For more information contact Natural Fertility Services, Diocese of Parramatta catherine.boume@parracatholic.org 0400 427 605. Sunday 11 November at the IFM 1.30pm-4.00pm.

Sacred Heart Westmead Shopping Trip: 11 November

Come shopping with us on a Full Day, Fundraising Shopping Trip on Sunday 11 November 2018. Raising funds for Sacred Heart Parish Westmead. Includes: coach travel, tea & bistro lunch, lucky door & raffle prizes. Tickets: Adults \$62, Seniors/Students \$52, Children (5 – 17 years) \$22. Tour departs: 7.00am Seven Hills Train Station & Sacred Heart Parish Westmead (14 Ralph Street). For Details, Individual or Group Bookings: 9635 9262; office@sacredheartwestmead.com.au. Bookings are essential & close: 28 October 2018

Worldwide Marriage Encounter: 16 - 18 November

Take the time to step back from everyday distractions and rediscover your relationship! 16 – 18 November at Mt Carmel Retreat Centre, Varroville, NSW. Book online at www.wvme.org.au - alternatively contact Adrian and Janet Sullivan: on 0490 774 419 or adrian.janet1@bigpond.com

Healing After Abortion Retreat: 16 - 18 November

Rachel's Vineyard Ministries, Sydney offers regular healing retreats for those who have experienced an abortion. The retreat offers a sanctuary in which to renew, rebuild and redeem hearts broken by abortion in a safe, supportive, confidential and non-judgmental environment. Information and a brochure can found at: www.rachelsvineyard.org.au or call us on our confidential voicemail number 0400 092 555 or email info@rachelsvineyard.org.au.

Australian Catholic Historical Society Lecture: 18 November

Dr Charmaine Robson - In Paradise, under the sun: Francis McGarry and the rewards of missionary work in 1930s' Alice Springs. Visit the ACHS website www.australiancatholichistoricalsociety.com.au for more information.

Christian Meditation: 18 November

You are invited to our Christian Meditation Introduction and Renewal Days for 2018 at St Benedict's Monastery, 121 Arcadia Rd, Arcadia on Sunday 18 November. Arrival time at the monastery is from 10am for a 10:30am start. Conclusion is around 3pm. Mass is celebrated at 2pm.

There will be presentations and periods of meditation with the opportunity of an introduction to Christian Meditation for newcomers. Bring your own picnic lunch. Tea and coffee provided. Registration is on the day. There is no set charge, a donation may be made for the monks. There may be accommodation available at the Monastery Guest House enquiries to Br Terry Cavanagh on 0438 282 318. Other enquiries to Ann Bergman 02 9498 2625 anniebergman@hotmail.com or Ann Lomas 02 9456 4775 atlomas@bigpond.com

For more events please go to: <http://parracatholic.org/events/>

He/she just missing...	That equals ..	Which is ...	and over 13 years of schooling that's ...
10 minutes per day	50 minutes per week	Nearly 1.5 weeks per year	Nearly half a year
20 minutes per day	1 hour 40mins per week	Over 2.5 weeks per year	Nearly 1 year
Half an hour per day	Half a day per week	4 weeks per year	Nearly 1 year & 60% years
1 hour per day	1 day per week	8 weeks per year	Over 2 and a half years

MISSING SCHOOL = MISSING OUT

Early primary children learn new sounds and words every day. These are important building blocks upon which all future learning is built.

Help your children achieve their best by getting them to school on time every day.

every learner every day Catholic Education Diocese of Parramatta

Good Shepherd Primary School

134 Hyatts Road, Locked Bag 1001, Plumpton NSW 2761 - Phone: 9836 7100
Email: goodshepherd@parra.catholic.edu.au - Website: www.gsplumpton.catholic.edu.au



Medical Advice to School

To be completed by prescribing Doctor or Parent

Student's Full Name: _____

Medical condition(s) of the child requiring treatment:

Essential medication requiring administration during school hours:

Medication Details

Condition	Medication	Dosage	Time of Admin

Any Special Conditions:

- Recommended restrictions on participation in school activities (eg sport, use of tools or machinery):

- Recommended procedure in crisis situation:

- Additional comments: _____

Signed: _____ Date: _____
Prescribing Doctor or Parent



Good Shepherd Primary Bicycle Policy

1. The Catholic Education Office and NSW Roads and Traffic Authority recommends that children under 10 years of age DO NOT ride bicycles to or from school unless accompanied by an adult.
2. Children must correctly wear a Standards Australia approved bicycle helmet at all times when in control of a bicycle.
3. All RMS road rules concerning bicycles are to be followed. This includes the pedestrian's right of way on footpaths. The bell should be used as a warning when approaching pedestrians.
4. Bicycles ridden to school must be in good, safe working order and bicycles must be fitted with a bell. It is the responsibility of the parent/carer to ensure that the bicycle is in good and safe working order and that all protective equipment as required by law is provided.
5. Bicycle riders are expected to use the available pedestrian entry points. These include: (include details of entrances to the school).
6. Children are to dismount before entering the school grounds and walk their bicycles whilst on site.
7. Bicycles are to be stored in the bike rack provided. Bicycles must be locked with a chain and padlock supplied by the bicycle owner.
8. Bicycles and helmets are brought and stored on school grounds at the owner's risk.
9. Parents will be notified if children do not adhere to the School's Bicycle Policy.
10. No riding of bicycles, scooters, roller blades or skateboards is permitted in school grounds during and after hours.

Student Signature: _____

Date: _____

Parent Signature: _____

Date: _____



Warning signs of mental illness

top of the class with greg whitby



@gregwhitby

OCTOBER is mental health month, which reminds us of the need to teach young people social and emotional skills.

Sadly, we have many more young people today reporting feelings of anxiety and depression. If we want them to be great learners and be happy, we all need to understand wellbeing and mental

health. There are some outstanding wellbeing programs operating in schools. One of them is the Teen Mental Health First Aid (tMHFA) program developed here in Australia and now internationally recognised.

Students are educated in recognising the early warning signs of mental illnesses. tMHFA teaches that there

are three key things present when a mental health problem is developing or present in a person. First, there are significant changes in the person's thoughts, feelings and behaviours. Second, those changes negatively affect the person's ability to do their usual activities. Third, these changes don't go away after a reasonable period of

time. These changes should not be confused with normal human responses to difficult situations.

Sadness, fear, anger and anxiety are all appropriate emotions in certain situations. However, when these changes in someone's mood, thoughts and behaviours show no signs of improvement within a few weeks or if things get worse, these are signs that professional help may be needed.

Young people are taught that if another young person discloses to them that they are experiencing mental health issues, they should

encourage them to talk with a responsible adult who can help them connect with a mental health professional.

They are also taught that if it is a crisis situation where there is a significant risk of someone being hurt, this should be disclosed immediately to a responsible adult, even if it means going against their friend's wishes.

We all have a responsibility to reduce the stigma around mental illness in our schools and workplaces by increasing understanding about the issues. Recognising the warning signs early helps everyone.