



Transmitter

Friday 14th September 2018

Term 3 / Week 8



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# News from Mrs Hey

Dear Parents,

While we have been blessed with beautiful spring weather, we are ever mindful of our farmers who are struggling with the severe drought conditions. I am proud of the way the Trinity community is working towards helping others who are in difficult circumstances. Mrs Newton is leading a team of students and teachers in planning a "Farm-a thon" on Friday 28<sup>th</sup> September. More information on this can be found later in the newsletter.

This is an opportunity for us to share our good fortune and to show appreciation for what we have. Gratitude is an important aspect of having a growth mindset. I encourage you to ask these of your children regularly:

Today I am thankful for...

The best part of my day was...

I felt joyful today when...

I can make tomorrow great by...

I hope you have a wonderful week.

God bless,

Cathy Hey

## Help for our farmers– Farm-a-thon

Our Farm-a-thon is fast approaching, Friday 28th September. Students will be able to participate in a variety of activities for 20c to \$1. Activities include a guessing competition, hoola hoop games, face painting etc. Students can also wear mufti on the day and donate a gold coin. (farm dress up is optional). Money raised for the day will be donated to assist our drought stricken community through Ruralaid.org.au.

Fun day for a great cause, so start saving.



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## Year of Youth liturgy



Last week we celebrated a beautiful Year of Youth liturgy. Many thanks to the children who participated in the planning and preparation of the liturgy, with a special thank you to Miss Neilsen who led this preparation. We are blessed at Trinity to have such dedicated and generous staff members.

## Year 6 Canberra excursion

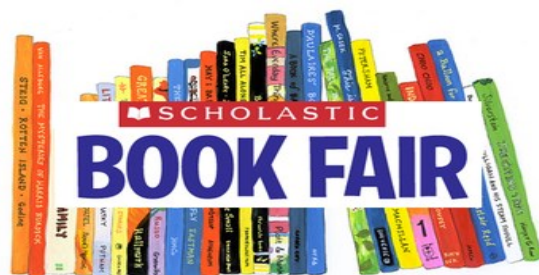
We look forward to hearing all about the Year 6 Canberra excursion. They are expected back to school this evening.



## Office News

Michelle Moulds is on Long Service Leave until the start of Term 4. During this time Mrs Kathleen Attard will be working in the office along with Mrs McDonnell.

# News from the LARC



## The Book Fair is coming soon!!!

The Book Fair will arrive in Week 3 next term! This is a wonderful opportunity to purchase some quality books for your children, and every purchase benefits the school! Stay tuned for more details...

*If you are available to assist with selling and supervising, please let the office or Mrs Micallef (from the LARC) know as soon as possible.*

## Uniforms

As the weather is quite changeable at the moment, students can wear either their full summer or full winter uniform until the end of the term. Students come back to school in Term 4 wearing full summer uniform. A reminder about the types of school shoes to be worn:



### ◆ **Bounce Back! stands for:**

**B**ad times don't last. Things always get better. Stay optimistic.

**O**ther people can help if you talk to them. Get a reality check.

**U**nhelpful thinking makes you feel more upset. Think again.

**N**obody is perfect – not you and not others.

**C**oncentrate on the positives (no matter how small) and use laughter.

**E**verybody experiences sadness, hurt, failure, rejection and setbacks sometimes, not just you.  
They are a normal part of life. Try not to personalise them.

**B**lame fairly. How much of what happened was due to you, to others and to bad luck  
or circumstances?

**A**ccept what can't be changed (but try to change what you can change first).

**C**atastrophising exaggerates your worries. Don't believe the worst possible picture.

**K**eep things in perspective. It's only part of your life.

Most children occasionally get teased or annoyed by other children at school. Responding to this is one of the common challenges that children have to face in life. Being bullied is more serious. Bullying is when one child (or a group) repeatedly and deliberately uses negative words and/or hostile actions against one specific child that causes distress. Bullying can be: • physical (e.g. hitting, pushing or damaging personal property) • verbal (e.g. insults or nasty name-calling) • social (e.g. trying to socially isolate someone by spreading lies or rumours about them or stopping them from joining in) • cyber-bullying: this means using technology (e.g. email, mobile phones or social networking sites) to bully someone or to frighten and intimidate them. It isn't called bullying if any of these things happen only once, if children have a mutual argument or fight, or if a child chooses not to spend time with another child.

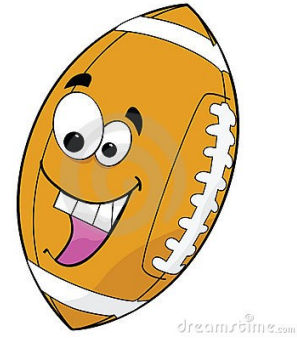
☑ Key messages to communicate to your child about bullying which reinforce what we are doing at school:

It's never okay to bully someone or take part in bullying even in small ways. It's not okay to say 'someone else started it' or 'someone else made me do it' or 'everyone else was doing it too'. You must take responsibility for your own actions. It's never the fault of the person who is being bullied. If someone is different or annoying they do not deserve to be bullied. No one does. We all have the right to be ourselves and be safe from being mistreated. It's important to 'think for yourself'. If other people try to convince you to take part in bullying, don't do what they tell you to do. Think for yourself and do what is right. Don't just go along with what other children are doing. Asking for support and acting responsibly are not the same as dobbing. Dobbing means trying to get someone into trouble. It's not dobbing when you ask for help when you're in trouble or when you are trying to help someone else who is being bullied.

☑ What can you do to help your child if they are bullied and to encourage them not to bully others? • Let your child know that you strongly disapprove of bullying. Taking part in bullying can be the start of a pattern of antisocial behaviour for many children. • Encourage your child to support someone who is being bullied (e.g. they could: defuse the situation by suggesting something else to do, let a teacher know about it, or later offer them comfort and support or calmly tell the child who is bullying that it's a mean thing to do). • Speak up and let the school know if another child is being bullied. You can ask the school for confidentiality. • Respond calmly if you think your child is being bullied. Talk to them about what is happening. Listen to the whole story before responding or asking questions. Ask how they would like you to help. One of their fears will be that you might overreact and make things worse. Discuss with them what they could do, for example: • avoid high-risk areas and not respond to nasty text messages etc. • say 'leave me alone' in a calm, strong voice and leave the situation (rather than yelling or responding in an upset or emotional way) • talk to their friends about what's happening

## Sports News

Congratulations to the Stage 2 children who participated in the Diocesan Gala Day last Friday. A HUGE thank you to the mums and dads who came along to support the teams and help out with coaching. We couldn't have done it without you.



## Netball Gala Day

On Tuesday 28th August, 50 students participated in the annual Netball Gala Day at Penrith. Each team played several games of netball against other schools in the Parramatta Diocese. The students are to be commended for the way they represented our school and the tremendous effort they displayed throughout the day.

Special thanks to Tania Poole, Terese Whitton, Kirsten Byrnes, Lisa Grima and Angela Jackson for all your assistance on the day and to all the parents who transported the students.

A good day was had by all.



## Attendance

The diocesan average is 83% and we are currently at 83.5%. Congratulations to Kinder and who are in the 'green zone' again. Let's aim for more grades to go above 90% in the next fortnight.



SCHOLASTIC YEAR	ATTENDANCE RATE
<b>K</b>	● <b>94.4%</b>
<b>1</b>	● <b>83.9%</b>
<b>2</b>	● <b>87.9%</b>
<b>3</b>	● <b>83.5%</b>
<b>4</b>	● <b>75.9%</b>
<b>5</b>	● <b>76.1%</b>
<b>6</b>	● <b>86.7%</b>

## 2nd Hand Uniforms

We would like to offer second hand uniforms for sale before the end of the term, ready for summer. Before this can happen we are looking for one or two volunteers to sort through what is available in the second hand uniform supplies. If you can help, please contact the office.

## Bus bay safety

A reminder that parents are not to drop off or pick from the bus bay area between the hours of 8.00am- 9.00am and 2.30pm - 4.00pm.



## Shade cloth update



Our new shade cloth has been installed and looks amazing.

## Notice

A reminder that 10 weeks written notice needs to be given if your child is moving schools. If this is not given, the fees still apply for that period.

## Naplan

Naplan results have been delayed. As soon as we received them at school we will forward them home.

### Emmaus Catholic College

*Every day is Open Day at Emmaus Catholic College*

Enrolment Applications for Years 7 – 11, 2019

are available at the College Reception Desk

87-109 Bakers Lane, Kemps Creek, our office hours are 8.00am – 4.00pm.

Or

Applications can be printed online at <http://www.emmauskempscreek.catholic.edu.au/>. Once on our website click on Enrol, How to Enrol. Print off the checklist in Step 2 and the Enrolment Application. You will also need Forms A, B and D in Step 3.

If you would like a tour of the College prior to lodging an application, our Enrolment officers will be happy to arrange this for you. Please contact the enrolment office on 9670 8300 (Option 4)

# What's happening at Trinity

## 2018 Dates

21st September	Stage 3 Touch Football Gala Day
22nd September	Bunnings Cake Stall
28th September	'Farm-a-thon' parents invited from 1.30pm.
15th October	Term 4 begins

### Happy Birthday

### Wishes



Sarah	7	Analise	9	Deegan	12
Amelia	7	Sienna	9	Cherisa	12
Zena	7	Elisha	9	Olivia	12
Riley	7	Chase	10	Joshua	12
Ater	7	Liam	10	Benard	12
Matthew	8	Koniseti	10	Angelina	12
Emily	8	Kobe	10	Massimo	12
Larissa	8	Jazmin	11	Lara	12
Jamelia	8	Darius	11		
Anthony	8	Olivia	11		
Dylan	8	Ayak	12		



With just over a week until the Bunnings Cake stall, don't forget to add your name to the helpers list or the drop in on Saturday 22nd September to support Trinity.

<https://docs.google.com/document/d/1Zv2JQ744agU4Cv0shxZF8UNnKuYBo9HtBFW9mXuiSmw/edit?usp=sharing>