



# St Kevin's Catholic Primary School

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SCHOOL  
Newsletter

11/06/2020

Term 2, Week 7 2020

Newsletter No. 19

## PRINCIPAL'S MESSAGE

Dear St Kevin's families,

Its Wellbeing week at St Kevin's!

As a message of wellbeing to all our community, our teachers have been encouraged to leave school earlier than usual this week, the weekly staff meeting has been cancelled and the normal homework routine is not enforced.

We hope this extra time will allow our families the opportunity of reading together or pursuing a fun family activity.

*The part can never be well unless the whole is well. ~Plato*

Enjoy the week ahead,

Lorraine Vincent – Principal

## Semester One School Interviews

Please be advised that Semester One school interviews will take place next term, from **Monday 27<sup>th</sup> July to Friday 31<sup>st</sup> July with late night interviews on Wednesday 29<sup>th</sup> July**. More information regarding booking details will be forthcoming in the next few weeks.

## Stem Fair

Please see the attached letter from Mrs. Lewis asking for Parent Experts to come forward and provide much needed expertise for our students in Year 5 and Year 6 as they work on their **STEM** projects.

## Staff Development Day

Please be advised that Bishop Anthony and Danny Casey, Interim Director, have determined that **Friday, July 3** will be a Diocesan wide Staff Development Day for all Catholic schools. Please note this day in your diaries, the school will be closed on this day.

## Uniforms

All students are now wearing the winter school uniform. Parents, please assist by ensuring the correct uniform guidelines are followed.

### Boys: Winter Uniform

- Socks – navy
- Long pants
- Long sleeve shirt and tie
- Black leather shoes

### Sports Uniform

- Track suit pants and sports shirt
- Sports shoes – predominantly white, no colours

### Girls: Winter Uniform

- Socks – knee length **navy socks or navy tights...no leggings**
- Tunic, long sleeve blouse and tab-tie
- Black leather shoes

### Sports Uniform

- Track suit pants/skort and sports shirt
- Sports shoes – predominantly white, no colours

**Earrings:** small studs

**Hair ties/ribbons:** navy

## Student Absences

**Please be on time to school every day...**

Partial absences = missed learning. Let your children know that every day counts by recognizing punctuality, with good and improved attendance.

## Religious Education

### Vinnies Winter Appeal

Thank you to all of our families who have already supplied essential items for our local homeless people. If you are yet to return, you have until Monday 15th June. The more people who help, the more people we help! Thank you for your support.

### Walking the Way- Faith tips for the Journey



Simple ways to walk with our children in faith, hope & love.....

#### Body of Christ Sunday

What am I feeding my children? We know that junk food does not nourish the body. Likewise, the heart and soul need to be well fed spiritually, relationally. In one of his homilies for the feast of the Body of Christ, Pope Francis spoke of Jesus as the living bread that can satisfy our deepest yearnings. "Besides physical hunger, people have another hunger, one that cannot be satisfied with ordinary food. It is the hunger for life, hunger for love (and) hunger for eternity," he said.

#### Faith steps at home

##### Pray

Around the meal table, say together a prayer of thanksgiving ('grace') as a sign of your unity as a family, and as the body of Christ. Pray for those who hunger for food, for love, for family.

##### Celebrate

Invite family and guests to share memories of their First Communion Day. (Adapt the question so that all can join in).

##### Remember

Jesus said, 'I am the bread of life'. (Jn 6:35)

#### Home-Based Spirituality

Join in with the new series of online parent sessions.

See attached link:

<http://walkingtheway.dbbcso.org/calendar.htmlfamily>

#### Five Benefits of family meals

Studies show that family meals deliver a host of benefits to both children and parents. Most of these benefits are independent of ethnic background, socio-economic status and whether it is a one or two parent home.

- Improves vocabulary and reading. Conversation around the family table teaches children more vocabulary and this advances reading.
- Improves school grades. Having regular family meals was a strong predictor of academic achievement in several different studies.
- Lowers teenage risk-taking behaviours.
- Improves family relationships. Children who have frequent family meals report better family communication, stronger family ties and a greater sense of identity and belonging. Many families use this time to catch up on each other's lives.
- Improves diet. Family meals are associated with a lower intake of soft-drinks and snack foods and improved intakes of fruits, vegetables, grains, calcium-rich foods, protein, iron, fibre and Vitamins A, C, E, B6 and folate. Girls in these families exhibited fewer eating disorders or extreme diet behaviours. Consistent meals discourage snacking and model healthy eating habits.

## Library News

### READ WITH ME

Congratulations to Ryder, Teddy and Yasmin in Year 1, and Mason in Year 3 for reading 100 nights. A fine effort! Keep up with your amazing reading. These students have been presented with their book prize.

I cannot wait to hear from our enthusiastic readers in the weeks to come.

### BOOK CLUB

Orders are due via the online LOOP system by Friday 19<sup>th</sup> June.

## Parents & Friends

## Canteen

**The canteen is open for lunch on Monday's for sushi & yummy dumplings!!**

All orders must be placed via Qkr!

## Uniform Shop

**Opening times: Tues & Thurs 8:45am – 9am**

[Click here](#) for the uniform price list. Orders should be placed via Qkr! and will be sent home with your children. Alternately, orders can be collected from the school office after 10am on Tuesday & Thursday mornings.

## IMPORTANT REMINDERS



Do you have access to the Compass Parent Portal?

[Compass Guide for Parents](#)

Our school management system is available via Phone/Tablet App and web browser. Please note some functions are easier to access through the web browser <https://schools.compass.education>.

- Add Attendance Notes
- Access Student Academic Reports
- Update Family Details
- Receive School push notifications

<b>Compass Attendance Note</b>	
Late Arrival or Early Pick Up	<b>DO NOT ENTER AN ATTENDANCE NOTE</b> Parents must sign students in at the school office using the Compass Kiosk. <i><b>This includes late arrivals after 8:55am</b></i>
Whole Day Absence/s	<b>ENTER AN ATTENDANCE NOTE</b> Child is sick (Medical –Illness, may require a doctor’s certificate) Child is attending a medical appointment (Medical-Appointment) Family Holiday (Holiday – Principal’s discretion) Other Explained absence - (Principal’s discretion)
Extended Leave	<b>ENTER AN ATTENDANCE NOTE</b> <a href="#">Application form to the principal</a> . To be completed by parent/caregiver for leave of 10 or more days for the purpose of travel within Australia and/or overseas.

### **Student Attendance Procedures**

Student attendance is reviewed on a regular basis. The Assistant Principal and Principal will follow up any periods of unexplained absence.

## FREE Online Parent Workshop with Dr Michael Carr-Gregg

**Raising Resilient Kids in the Coronavirus Era \*\*TONIGHT \*\* 11 June 7.00 - 8.00pm**

The spread of the Coronavirus has turned life upside down, almost overnight, for millions of people around the world. Being a young person is complicated even without a global pandemic in the mix, and many adults are struggling to navigate the new reality of remote schoolwork, lots of family time, and a ton of uncertainty about what happens next. This webinar offers practical, evidence-based strategies on what to say and what to do in these challenging times. It also includes information on managing remote learning and self-care.

**Suitable for:** Parents, grandparents and adult carers of younger children. <https://www.eventbrite.ca/e/raising-resilient-kids-in-the-coronavirus-era-w-dr-michael-carr-gregg-tickets-106864933894>

For further information contact Andrew – [amarselos@ryde.nsw.gov.au](mailto:amarselos@ryde.nsw.gov.au) or Hayley – [hrose@lanecove.nsw.gov.au](mailto:hrose@lanecove.nsw.gov.au)

## Live Life Well @ School

### ACTION: BUILDING WELLBEING

#### ACTION CALENDAR:

MONDAY TUESDAY WEDNESDAY THURSDAY

"Start Where You Are. Use What You Have.  
Do What You Can" ~ Arthur Ashe

- |  |   |   |  |
|--|---|---|--|
| 4 Find an<br>what you can do<br>rather than what<br>you can't do | 5 Send friends<br>a photo of a time<br>you all enjoyed<br>together.     | 6 Take a step<br>towards one of<br>your life goals,<br>however small. | 7 Let someone<br>you love know<br>how much they<br>mean to you.                  |
| 11 What are<br>your most<br>important values?<br>Use them today. | 12 Be grateful<br>for the little<br>things, even in<br>difficult times. | 13 Today do<br>something to<br>care for the<br>natural world.         | 14 Show your<br>gratitude to people<br>who are helping to<br>make things better. |

Are you looking for ways to build happiness, mindfulness, purpose, kindness and self-care into your everyday practice at home?

Download the action for happiness calendars today. They provide simple and practical tips for the family to do together to help build a culture of wellbeing.

Check out:  
[www.actionforhappiness.org/calendars](http://www.actionforhappiness.org/calendars)



Developed by Northern Sydney Local Health District

## Live Life Well @ School

### DO A FAMILY SCAVENGER HUNT

Be active as a family unit and do the Bicycle NSW Scavenger Hunt activity.

Try doing the hunt by bike, scooter, or skateboard!

**SCAVENGER HUNT**

<input type="checkbox"/> 1 Long grass	<input type="checkbox"/> 4 Play equipment
<input type="checkbox"/> 2 Park bench	<input type="checkbox"/> 5 Bridge
<input type="checkbox"/> 3 Water	<input type="checkbox"/> 6 Dog

Download the Scavenger Hunt, and other bicycle activities and information at:

**bicycleNSW**  
[bit.ly/BNSWCOVID](http://bit.ly/BNSWCOVID)



Developed by Northern Sydney Local Health District

## Going COVID Crazy? Hockey registrations still open! Season runs for Term 3!

Do you want to try a new sport that's fun and exciting - that you can join at any age?  
Then hockey is the sport for you!



Friendly, mixed grass comp played on Saturdays at Frank Gray, Curl Curl - no travel required! We take children from 4 -18 of all abilities - beginners welcome at any age including beginner high school comp!

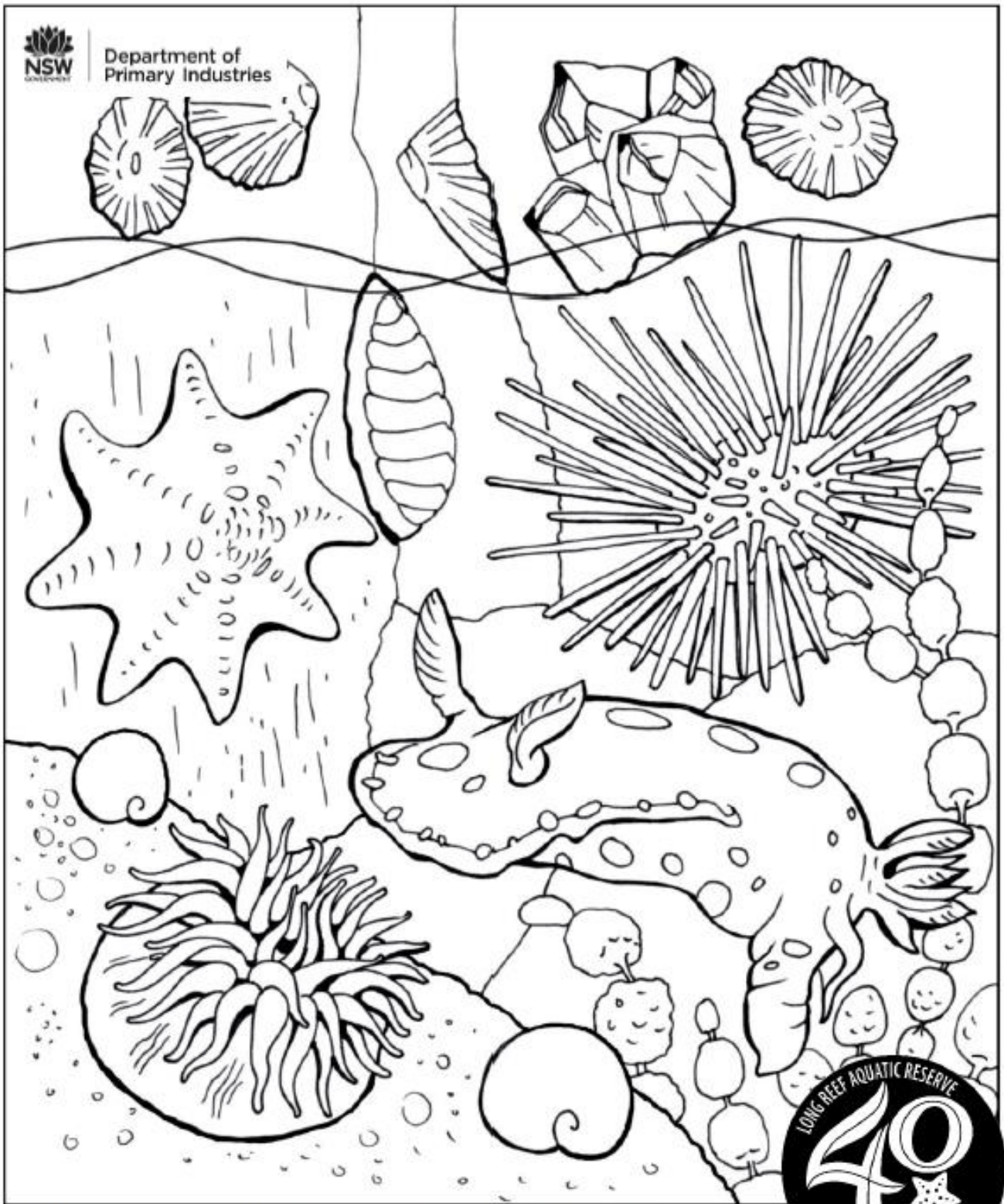


For more information or to register go to:  
<https://www.revolutionise.com.au/manlyhockey/registration/>  
or email us: [manlyjuniorhockey@gmail.com](mailto:manlyjuniorhockey@gmail.com)





Department of  
Primary Industries



"I will help to look after the Long Reef Aquatic Reserve by

.....  
.....  
....."

Name: ..... Age: .....

Email: .....

Visit [www.dpi.nsw.gov.au/long-reef-anniversary](http://www.dpi.nsw.gov.au/long-reef-anniversary) to learn about the aquatic animals & plants at Long Reef



**Long Reef Aquatic Reserve 40<sup>th</sup> Anniversary  
'Colouring Competition'**

**Terms and Conditions**

1. You can only submit one entry in your age group to the competition.
2. By submitting your entry you acknowledge that NSW Department of Primary Industries may publish and promote your entry and your name: on the department's website, on social media, and in media relations and other communications.
3. All entrants agree to the use of their name and entry in any current and future promotional material for the Department of Primary Industries. Any other personal details relating to entrants will be used solely in accordance with current Australian privacy and personal information protection legislation and will not be disclosed to a third party without the entrant's prior consent.
4. Every entry must include information on how the entrant is going to help Long Reef Aquatic Reserve.
5. A parent or guardian must sign each entry accepting the Terms and Conditions.
6. Prizes will be awarded by age group, to an entry that meets all the criteria. The judges' decision is final and there will be no correspondence entered into.
7. There are first, second and third prizes for each age group. The total value of the overall prizes is up to \$2250, inclusive of GST.
8. This competition is organised by NSW Department of Primary Industries, ABN 19 948 325 463.
9. Competition starts on the 4 June 2020 and ends on 30 June 2020 at 5 pm. All entries must be received before 5 pm on 30 June 2020 including postal entries.
10. Entrants may email their entry to [marine.environment@dpi.nsw.gov.au](mailto:marine.environment@dpi.nsw.gov.au) or mail a hard copy entry to "DPI Long Reef Aquatic Reserve 40<sup>th</sup> anniversary" at PO Box 5106 Wollongong NSW 2520. Both hardcopy and electronic copies (scans or photographs) will be accepted.
11. The prizes will be decided by a panel of judges: two from the Department of Primary Industries and one from an external organisation. Judging will be completed by the 10 July 2020.
12. Winners will be notified by email by 13 July 2020.
13. Prizes will be sent out to the winners at the email address they provide with their entry.
14. The results including the name of each prize winner, will be published on the Department of Primary Industries website. No other personal details will be published.
15. No personal details of entrants will be kept by Department of Primary Industries following the conclusion of the competition, except winning entries as per condition 3 above.

Parent / guardian signature: .....