



10 September 2020

Holy Family Primary Emerton

Emert Parade, Emerton
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Term 3 Week 8

As a community, we acknowledge the Traditional Custodians of this land, the Darug People, and pay respects to Elders past and present, for they hold the memories, the traditions, the cultures and hopes of Aboriginal Australia.

We must always remember that under our Holy Family gardens, paths and playgrounds, this land is, was and always will be traditional Aboriginal land

Message from the Principal

Greetings Parents!

I hope that Father's Day had some sense of joy for you. It is great to gather, share memories and a meal. It is great to say thank you for all that our dads do for us.

I was looking at a small book I bought a few years ago called 30 Things My Dad Taught Me. Three brothers reflect on the lasting lessons their father shared with them. I made the decision before opening the book that I would share the first lesson that I found in the book. The first one I saw wasn't very warm and fuzzy. The lesson was "Never Hate Anyone". I can imagine a dad sharing this valuable lesson with his children. An older person knows that hate consumes those who hold it.

I am wondering what lessons we might have learned from our dads? Do you have a favourite dad lesson?

Father's Day isn't great for everyone. Father's Day can be a very painful day for many, especially if we have recently lost our dad, we are separated from them by distance, work or a damaged relationship. Father's Day like other celebration days can be a difficult day.

On Friday we had a liturgy to celebrate all fathers and those who nurture us. May the lord bless all fathers.

Best wishes,

John Spradbrow

Kindergarten Enrolments 2021

Kindergarten enrolments for 2021 are now being accepted. If you have a child who will turn 5 by July 31, 2021 please talk to Monika Cunningham about enrolment forms.

To begin the enrolment process we will require a completed enrolment form, child's original birth certificate and immunization record.

Should you have any questions regarding the enrolment please contact Monika Cunningham on 8869 7200.



New Baby

Congratulations to the Jamhour Family (*Jacob J—KVV*) on the arrival of their newest bundle of joy.

Jason Charbel Jamhour

Born: 1st August 2020 @ 9:27 am

Weight: 2.53 kg

Height: 46 cm



Car Park

This is a reminder to all parents that **no cars** should come into the school car park before or after school. We



have this rule for the safety of your children. There is plenty of street parking plus the car park at the church.

Please be advised that the school car park is for staff only.

The school carpark is closed for any traffic during morning drop-off and afternoon dismissal.

We have had incidents of parents following staff into the carpark when the gate has opened. This gate will not be reopened until 4pm when staff are leaving the site.

First Holy Communion

Over the last six weeks, candidates for the sacrament of the First Eucharist (Holy Communion) have been undergoing instructions. The initiation ceremony occurred in our Holy Family Parish over the weekend of 5th and 6th September 2020.

Congratulations to the following children:

*Ethan B
Max L-B
Hailey M-A
Manfred Z-T*



RE News

September - 'The Season of Creation'



Last Sunday, Pope Francis called for parishes and schools around the world to focus on the *'Season of Creation'* each Sunday throughout September. What does this mean?

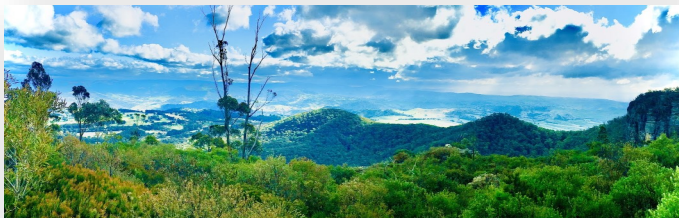
Pope Francis would like each of us to take time to reflect on our natural environment and think about how God speaks to us through creation. You might think of a highlight in your life where you've experienced the 'magic' of creation. The Pope, in his encyclical letter *Laudato Si* "...invites us to see nature as a magnificent book in which God speaks to us and grants us a glimpse of His infinite beauty and goodness." (#12)

On the flip side, sadly the natural environment has been gravely damaged by humanity's irresponsible behaviour. We are called to reconnect with God and repair this relationship. Why the relationship? Pope Francis argues that; "The misuse of creation begins when we no longer recognise any higher instance than ourselves." (#6). This could be an absence of care for self, others or even gratitude and appreciation for 'life'. In many instances this absence of care has led to the deterioration of our environment, and in some ways even society, which has had detrimental effects on the most vulnerable people on our planet. (#48)



WHAT CAN YOU DO OVER THE COMING WEEKS?

- Learn what biodiversity means
- Find out how nature conservation groups function
- Join a Land or Beach Care group
- Go on a bushwalk, go camping, go rock climbing, go fishing, go mountain bike riding... (the list is endless), and take time to teach your children about the importance and fragility of our planet.



For Catholics, taking part in the Sunday Eucharist is difficult during COVID. Yet, maybe thinking about the 'bread of **life**', in which we have been given, could strengthen us in our journey to do what is good for ourselves, for those we share this planet with, and the Earth which sustains us.

Kind Regards,

Ben Oxley

Religious Education Coordinator



The Learning Corner

Mathematics in Everyday Life

It may very well be true that students won't use some of the more abstract mathematical concepts they learn during their time at school unless they choose to work in specific fields. But the underlying skills they develop during Mathematics lessons—like taking risks, thinking logically and solving problems—will last a lifetime and help them solve work-related and real-world problems.

In everyday life, we constantly think in mathematical terms, such as when we calculate the time needed to get to a place, consult our bank account or buy products on sale. We see patterns and symmetry in the world around us, use measurement when cooking or building, use money when we shop and consider probability on a daily basis.

The NSW Curriculum for Mathematics is consistent with the *Melbourne Declaration on Educational Goals for Young Australians (December 2008)*, because it has two goals at its core:

- Goal 1: Australian schooling promotes equity and excellence
- Goal 2: All young Australians become successful learners, confident and creative individuals, and active and informed citizens.

To develop successful and confident learners teachers relate Mathematical skills to real life problems. They encourage children to use strategies and learnt skills to problem solve. Mathematics is a life skill. Teachers join the learning cycle in the classroom and encourage students to transfer this knowledge during day to day activities. Parents are encouraged to continue this cycle whenever a situation arises. Cooking, preparing a timetable, shopping, saving towards a special goal and playing games.

I particularly like this quote as it sums up the concept of Mathematics being a part of our lives:

To be numerate is to use mathematics effectively to meet the general demands of life at home, in paid work, and for participation in community and civic life.

(AAMT,1997:10 WA Department of Education/ Australian Association of Mathematics Teachers)

Kind regards,

Mrs. Christine Figuero
Assistant Principal



Library News



Book Week Activities

- ◇ **Kirli Saunders:** Kirli was able to talk to all students in their grades about life as an author/poet. This was done remotely via Zoom. Kirli was able to also run a poetry workshop for about 20 lucky Year 5 and 6 students. We thank Kirli for her time and input. We look forward to having some budding poets produce some work for us soon here at Holy Family. Please note that all of Kirli's books have now been returned to her publisher and are no longer available for sale.
- ◇ **Living Book:** One of our activities involved some 'Living Books'. A big thank you goes to Mrs Skinner, Mrs Kaylinger, Ms Galvin, Mrs Brignell, Mr Oxley and Mrs Figuero for agreeing to pose as our living books. Much fun was had with classes being able to borrow a living book and ask that person questions.
- ◇ **Storytime on the Oval:** A whole school storytime was held on the back oval with all children participating. All of the Book Week shortlist books were able to be read. with the weather being just perfect a good time was had by all, reading.
- ◇ **Premier's Reading Challenge.** Please note that the 2020 Challenge has now finished and that most children at our school were able to successfully finish the Challenge. Expect certificates from the NSW Premier, Gladys Berejiklian late Term 4.
- ◇ **Overdue Books.** Parents please keep sending library books back to school. even if the library book has been at home for some time, IT IS NEVER TOO LATE SO SEND A LIBRARY BOOK BACK! All books are welcome back. If a book has a barcode on it with our school name, please send it back.

Kind Regards,

Mrs. Janet A. Marie
Teacher Librarian



Healthy Kids Corner



Student competition (https://healthy-kids.com.au/wp-content/uploads/2020/07/FVM2020StudentCompetitionPoster_FINAL.pdf) and if any students are interested they can collect an entry form from the office.

How do you know if your family is eating enough fruit and vegetables?

Our school is participating in Fruit & Veg Month 2020. This year's theme is 'Planet Fruit & Veg', because eating more fruit and veg is good for us and the planet. As part of Fruit & Veg Month we've been sending home information each week on how to 'up the fruit and veg' at your place – for yourselves and the planet.

So how do you know if your family is eating enough fruit and vegetables? The simplest way is to include fruit and vegetables at each meal and snack. This resource (pg.7) <https://healthy-kids.com.au/wp-content/uploads/2020/08/FVM2020ParentResource2WithSurveyFINAL.pdf> has some simple tips on how to make this happen.

Read the resource and answer the survey questions to go into the running for a \$20 shopping voucher.

If you require more information on what activities our school is doing for Fruit & Veg Month, please contact the school or your child's teacher.

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IS YOUR FAMILY EATING ENOUGH FRUIT AND VEGETABLES?

The simplest way is to include fruit and veg at each meal and snack.

Read on for some simple tips.

The main idea? Make sure the fruit and veg are out there and easy to eat!



Breakfast

- put out a plate of ready-to-eat fruit for adding to cereal bowls
- make a jug of breakfast [fruit or veggie smoothie](#)
- serve up cooked vegetables (e.g. mushrooms, spinach and tomatoes) and/or baked beans to go with toast



Morning Tea/ recess

- include fresh fruit and veg, either chopped or whole
- add a small container of canned fruit or canned beans to lunchboxes
- make [vegie fritters](#) using leftovers



Afternoon Tea

- have a plate of ready-to-go fruit and vegetable pieces sitting out at eye line for hungry hands
- make heavy-on-the-veg toasties and jaffles - try cheese, spinach and tomato, baked beans or cheese and mushroom
- get the kids involved in making [fruit wands](#) or, for those hot summer afternoons, serve up a plate of frozen fruit (pineapple, grapes, banana and watermelon all work well)



Lunch

- use vegetable-based spreads in sandwiches, wraps and rolls. This could be as simple as using avocado, hummous, roast pumpkin or sweet potato. Or try vegetable spreads based around beetroot, capsicum, or mushy green peas
- try making veg-centric lunches like falafel, cucumber sushi, mini vegetable pizzas or veggie patties
- add a container of chopped vegies, side salad or fruit salad to lunchboxes



Dinner

- set out a plate of chopped vegies on the table as pre-dinner snacks - you'll be amazed at how much your family will eat while they are waiting for dinner. Be prepared to refill the plate...
- modify your regular family recipes to include more vegetables
- after dinner is finished put out the fruit bowl, canned fruit or a fruit salad for a sweet end to the day

Do you have some other great ideas for including fruit and vegetables at meals and snacks?

Post them to social media (Facebook, Twitter or Instagram) and include the tags [#planetfruitandveg](#) [#fruitandvegmonth](#) [#healthykids](#).

Help us improve!

Spare a few minutes to answer three questions and you could win a \$20 shopping voucher. Click on the link to the questions [here](#) or find them at surveymonkey.com/r/FVM2020ParentSurvey2

KIDS IN THE KITCHEN



tiny (cracker) sandwiches

Ingredients:

- Wholegrain crackers
- Savoury spreads, e.g. mashed avocado, hommus, nut pastes, thick yoghurt, cream cheese or cheese spread
- Grated, finely chopped or sliced vegetables (ask a grown up for help), e.g. grated carrot, chopped capsicum, sliced cherry tomatoes, sliced cucumber rings, shredded lettuce, corn kernels, sprouts, sliced green beans, green peas or canned beans

Method:

1. For each sandwich you will need two crackers
2. Smear your chosen spread/s on one side of each cracker
3. Add your chosen fillings on top of one cracker. Then place the other cracker on top.
4. Make more 'tiny' sandwiches
5. Serve!

Variations:

- You can make lots of different combinations! Why not try a triple-decker version?



Lunch

Carrot, Lettuce & Hummus wrap

Hummus- Is an Arabic word and a popular food throughout the Middle East. It is made with chick-peas, tahini and lemon juice.

Preparation time: 30 minutes

Makes: 6

Equipment

Cook's knife
Chopping board
Grater
Blender/masher
Lemon squeezer
Teaspoon

Skills

Grating, measuring, dividing
Using knife- slicing, shredding
Spreading, rolling and presentation
Blending, mixing, tearing

New Vocabulary

hummus
iceberg lettuce
tzatziki
lebanese bread
lavash
mountain bread
tortillas
chutney
mayonnaise
radish
tahini

Ingredients

2 large carrots
2 tomatoes
1 lettuce
8 radishes
6 rounds lebanese bread, mountain bread,
tortillas or lavash, or iceberg lettuce leaves

Hummus Ingredients

2x 400g tins of cooked chickpeas
½ cup lemon juice
3 tablespoons Tahini paste
1-teaspoon ground cumin

Method

1. Wash and peel carrots, then grate.
2. Wash tomatoes, cut in half then slice. Place on paper towels to absorb liquid before using.
3. Wash, dry and finely shred lettuce.
4. Lay out each piece of Lebanese bread
5. Spread the hummus on the bread, top with shredded lettuce, tomato and carrot.
6. Roll the wrap tightly from the bottom, then wrap in paper or plastic to secure. Twist ends to stop filling from falling out.

Hummus Method

1. Drain chickpeas in sieve and rinse with fresh water.
2. Mash or add to a blender with lemon juice and tahini paste.
3. Blend until smooth and season with cumin.

Alternative fillings for wraps

1. Light ham, chutney, grated low fat cheese, grated carrot, sprouts
2. Tuna packed in spring water, drained, spring onions, tzatziki, English spinach
3. Boiled egg, light mayonnaise, celery, cucumber, shredded lettuce
4. Avocado salsa, tomatoes, rocket and shredded chicken

Kids Activity Corner

FOOD FIND-A-WORD



Y	A	L	O	H	M	U	A	D	S	E	R	W	G	Q
S	O	A	T	S	T	M	Z	N	F	V	D	E	P	S
Q	H	G	E	B	Q	Y	L	T	I	O	F	G	S	X
R	T	A	H	P	I	L	Y	Z	S	D	R	G	A	K
L	S	C	D	U	H	B	J	C	H	E	E	S	E	Z
E	C	D	V	I	R	K	U	M	A	E	L	F	L	N
N	A	X	K	T	A	T	A	B	Y	F	K	R	L	B
T	I	C	A	R	R	O	T	T	R	L	S	N	Y	A
I	W	R	F	N	O	M	Q	G	I	E	J	X	D	N
L	X	H	D	I	C	A	G	U	B	E	A	E	F	A
S	K	C	J	L	E	T	T	U	C	E	S	D	M	N
U	N	I	Z	B	T	O	P	U	E	K	C	H	W	A
I	R	H	V	G	V	C	F	J	M	W	O	E	D	Y
S	K	W	A	T	E	R	M	E	L	O	N	P	V	S
G	W	B	P	A	X	B	S	L	Y	H	O	R	Q	Z

YOGHURT
TOMATO
OATS
EGGS

CHEESE
LETTUCE
BANANA
LENTILS

BREAD
CARROT
FISH
WATERMELON



THE SENSORY FOOD GAME



Teach your kids more about food by setting up a game that tests their senses!

- 1** Collect a variety of foods that have a unique **FEEL** (e.g. kiwifruit, peach, jelly, ice cube, avocado, egg, mushroom, crackers, bread) - don't let your kids see what you've got!
- 2** Put a blind fold on your kid/s.
- 3** Hand them a food, and ask them to describe what they feel – is it cold or warm? Is it hard or soft?
- 4** Get them to take a guess at what the item is – write it down, and then move onto the next food.
- 5** Once your kid/s have taken a guess of what each of the food items are, reveal the items and go through with them what they guessed, and if they were correct!

Repeat these steps with foods that have a unique TASTE and SMELL.

e.g. TASTE: strawberries, lemon, carrot, cereal, leafy greens, cheese, bread.

e.g. SMELL: orange slice, peanut butter, mint, mango, bread, garlic, pepper.

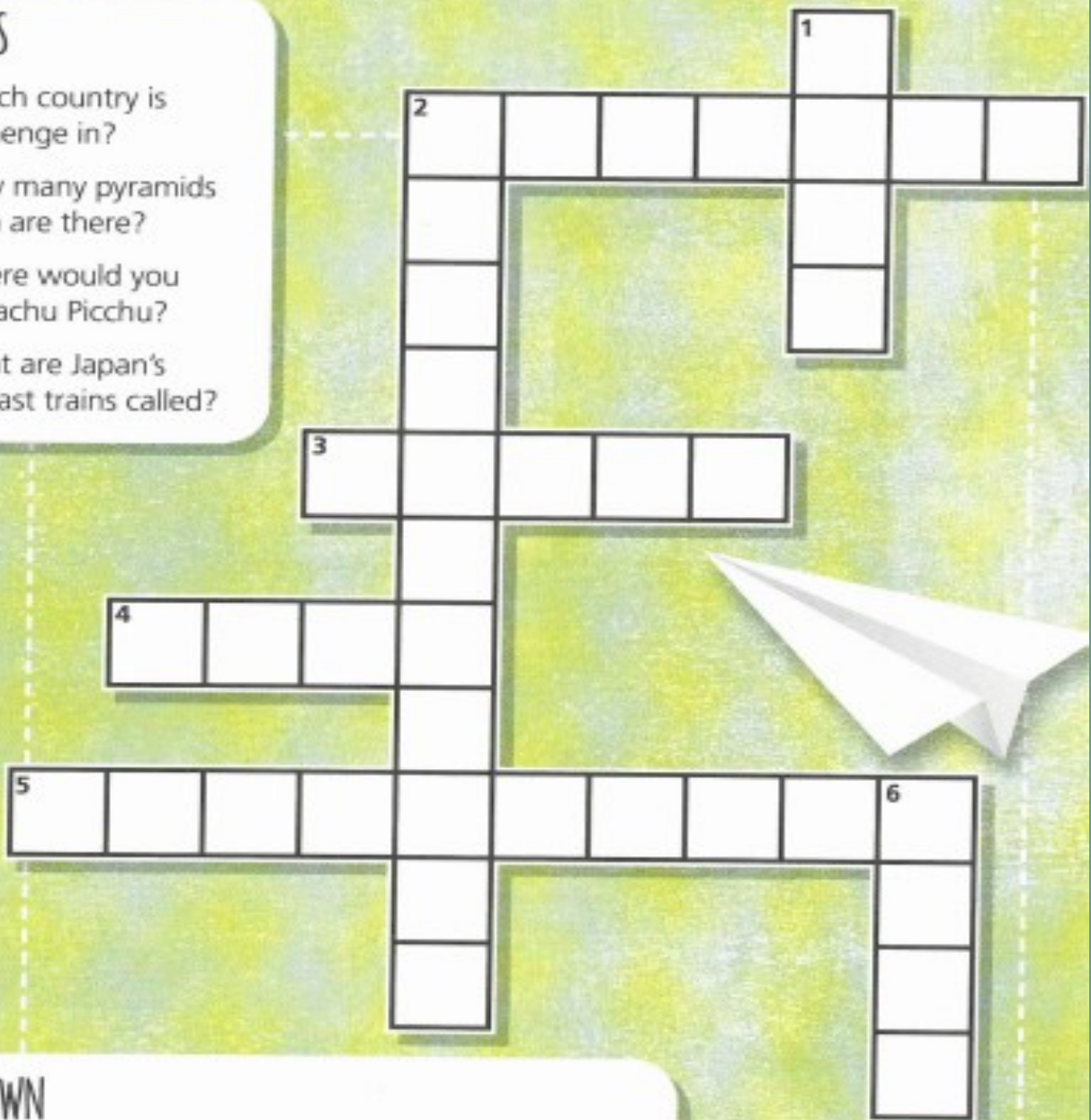


Cross-country crossword

Travelling the world is all about discovery and learning. Can you apply the tips you've picked up in the Worldly Wonder reader to solve this crossword puzzle?

ACROSS

2. Which country is Stonehenge in?
3. How many pyramids of Giza are there?
4. Where would you find Machu Picchu?
5. What are Japan's super-fast trains called?



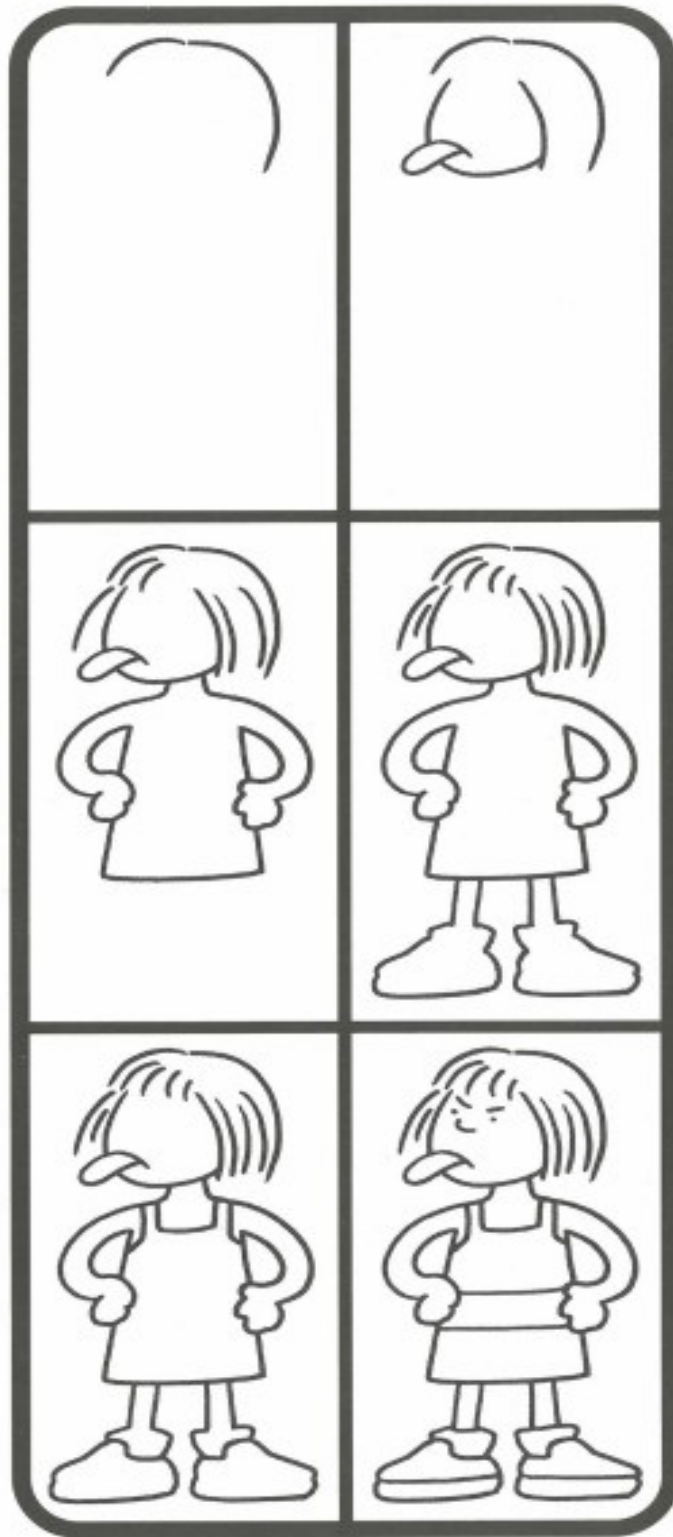
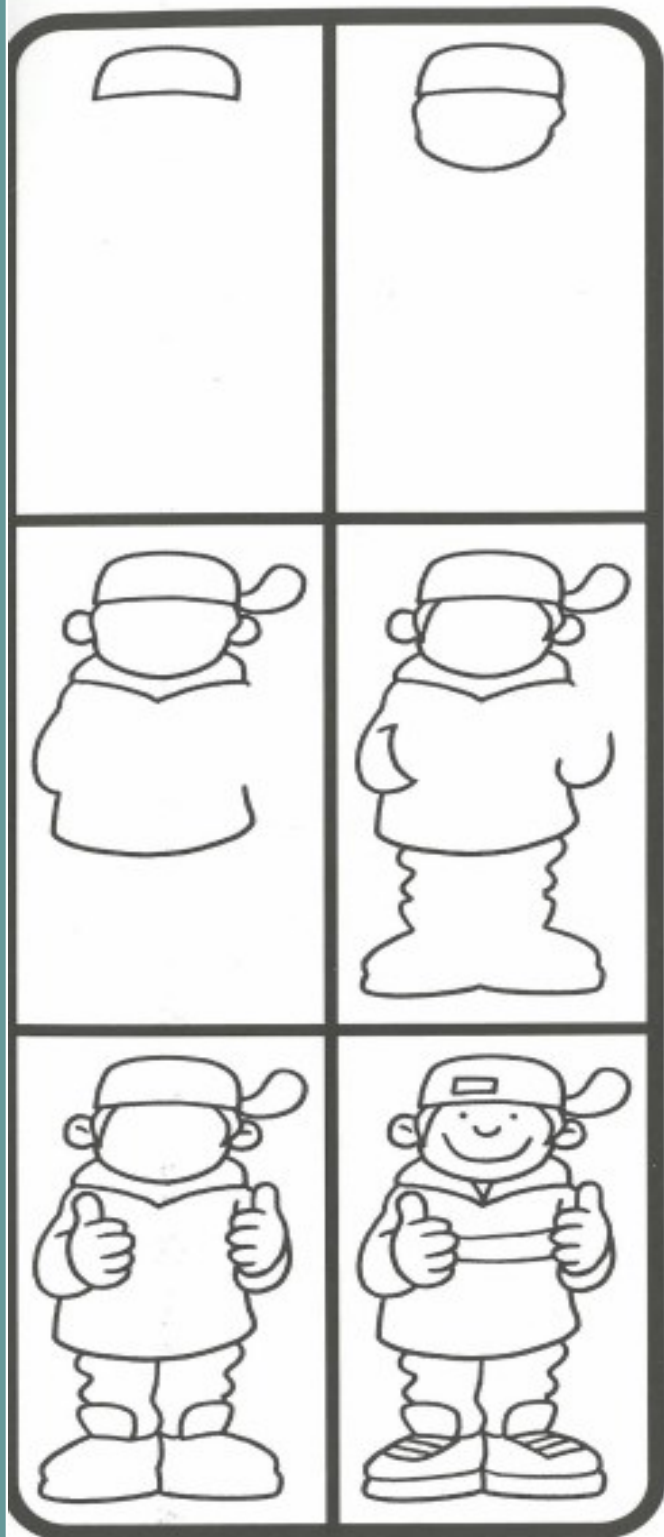
DOWN

1. It's the Great WHAT of China?
2. What did the most damage to the Colosseum?
6. What is the longest river in the world?

How to Draw.....

Boy

Girl





Jump Start!

Dear Parents and Carers,

Did you know that we have a holiday Jump Start program?

It began in January 2017 when we invited students to come to school on the last two days of the January school holidays. Imagine that! Going to school during the holidays. We had over 30 children attend on each day. This showed us that the children want to learn and have fun.

Following on from this success we held the Jump Start program in the Term 1, 2 & 3 holidays and we also formed a partnership with the Australian Catholic University (ACU) who assisted us with the funding and staffing of our program.

The days are free to the students. We provide the activities, morning tea and lunch. The program can be:

- a bridge for students who are anxious about returning to school
- an opportunity to reconnect with friends. The school holidays can be a long time for some students.
- a way to enjoy different learning opportunities at school in a relaxed and informal way.
- an opportunity to try something different.

The days are usually held on the last two weekdays of the holidays. The program is designed in consultation with staff from ACU. They are usually a mixture of play, structured learning in group situations.

The days commence at 10am and finish at 2pm. Parents are asked to sign the children in at the beginning of the day and sign them out at the end of the day.

I hope that your child may want to join us on these days during the year.

Looking forward to Jump Start,

John Spradbrow.



Please watch Facebook and Skoolbag for the Expression of Interest Link for Jump Start these school holidays

FILL IN USING GOOGLE FORMS

I've invited you to fill in a form:

Expression of Interest - Jump Start

Dear Parents and Carers,

An exciting opportunity is available for students and families over the July school holidays. We are holding two days of exciting games and learning challenges for students and we would really like for you to join us. The aim is to give our students a "Jump Start" into the next school term. The program is completely free.

The program will run on Thursday 24th and Friday 25th September from 10am until 2pm.

Please be assured that the COVID-19 protocols around social distancing will be strictly adhered to.

There will be food provided at the event for all the students who attend, again strictly adhering to COVID-19 protocols.

Please register your expression of interest below, COMPLETING ONE FORM FOR EACH CHILD.

Child's first name *

Child's surname *

Child's Year *

- ☐ Kindergarten
- ☐ Year 1
- ☐ Year 2
- ☐ Year 3
- ☐ Year 4
- ☐ Year 5
- ☐ Year 6

Date/s Attending *

- ☐ Thursday 24th September only
- ☐ Friday 25th September only
- ☐ Both days

Submit



Dates for the Calendar

School Holidays

Term 3 finishes on
Friday 25 September 2020

Term 4 begins on
Monday 12 October 2020 (TBC)

JumpStart – October 2020

**Signup for JumpStart and
take a giant leap into Term 4!**

**Thursday 8th and
Friday 9th October**

**Lodge your Expression of
Interest Form now!**

10 Lessons the Arts Teach

By Elliot Eisner



- 1 The arts teach children to make **GOOD JUDGMENTS** about qualitative relationships. Unlike much of the curriculum in which correct answers and rules prevail, in the arts, it is judgment rather than rules that prevail.
- 2 The arts teach children that problems can have **MORE** than **ONE** solution and that questions can have more than one answer.
- 3 The arts celebrate multiple **PERSPECTIVES**. One of their large lessons is that there are many ways to **SEE** and **INTERPRET** the world.
- 4 The arts teach children that in complex forms of problem solving purposes are seldom fixed, but change with circumstance and opportunity. Learning in the arts requires the **ABILITY** and a **WILLINGNESS** to surrender to the unanticipated possibilities of the work as it unfolds.
- 5 The arts make **VIVID** the fact that neither words in their literal form nor numbers exhaust what we can **KNOW**. The limits of our language do not define the limits of our **COGNITION**.
- 6 The arts teach students that **SMALL DIFFERENCES** can have **LARGE EFFECTS**. The arts traffic in subtleties.
- 7 The arts teach students to think through and within a material. All art forms employ some means through which **IMAGES** become **REAL**.
- 8 The arts help **CHILDREN LEARN** to say what cannot be said. When children are invited to disclose what a work of art helps them **FEEL**, they must reach into their **POETIC CAPACITIES** to find the words that will do the job.
- 9 The **ARTS ENABLE** us to have **EXPERIENCE** we can have from no other source and through such experience to **DISCOVER** the range and variety of what we are capable of **FEELING**.
- 10 The arts' position in the school curriculum symbolizes to the young what adults **BELIEVE** is **IMPORTANT**.

SOURCE: Eisner, E. (2002). *The Arts and the Creation of Mind*, In Chapter 4, What the Arts Teach and How It Shows. (pp. 70-92). Yale University Press.

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To obtain a digital version of this document, please visit www.arteducators.org/advocacy



NATIONAL
ART EDUCATION
ASSOCIATION



A day here or there doesn't seem like much but absences
add up 2 days a month adds up to 4 weeks a year /
20 days a year which is over one year of lost learning.

EVERY DAY COUNTS



Catholic Education
Diocese of Parramatta

every learner
every day ☒



Pathways Song

Written by Michelle Dennis
and the students of Holy Family Primary School Emerton
Copyright. 2018

CHORUS

I AM SAFE, I AM A LEARNER AND I AM THE FACE OF JESUS
I AM SAFE, I AM A LEARNER AND I AM THE FACE OF JESUS

VERSE 1

WE ARE SAFE WHEN WE ARE CALM
WE ARE SAFE WHEN WE PLAY TOGETHER
WE ARE SAFE WHEN WE USE EQUIPMENT
WE ARE SAFE WHEN WE CARE FOR EACH OTHER

CHORUS

I AM SAFE, I AM A LEARNER AND I AM THE FACE OF JESUS
I AM SAFE, I AM A LEARNER AND I AM THE FACE OF JESUS

VERSE 2

WE ARE LEARNERS WHEN WE'RE IN THE CLASSROOM
WE ARE LEARNERS WHEN WE LEARN ABOUT NEW THINGS
WE ARE LEARNERS WHEN WE USE EQUIPMENT
WE ARE LEARNERS WHEN WE ARE LISTENING

CHORUS

I AM SAFE, I AM A LEARNER AND I AM THE FACE OF JESUS
I AM SAFE, I AM A LEARNER AND I AM THE FACE OF JESUS

VERSE 3

WE ARE THE FACE OF JESUS WHEN WE USE KIND WORDS
WE ARE THE FACE OF JESUS WHEN WE'RE SHARING
WE ARE THE FACE OF JESUS WHEN WE SHOW RESPECT FOR OTHERS
WE ARE THE FACE OF JESUS WHEN WE'RE CARING

CHORUS

I AM SAFE, I AM A LEARNER AND I AM THE FACE OF JESUS
I AM SAFE, I AM A LEARNER AND I AM THE FACE OF JESUS

BRIDGE

MY JOB IS TO LEARN
YOUR JOB IS TO TEACH
YOU DO YOUR JOB AND I'LL DO MINE
AND THEN AT SCHOOL WE CAN HAVE A GREAT TIME!

CHORUS

I AM SAFE, I AM A LEARNER AND I AM THE FACE OF JESUS
I AM SAFE, I AM A LEARNER AND I AM THE FACE OF JESUS

